

Sport, Recreation & Fitness

Spring 2021



YOGA CLASSES

It's time to roll out your yoga mat and discover the combination of physical and mental exercises. Whether you are young or old, yoga has the power to calm the mind and strengthen the body. Don't be intimidated by yoga terminology, fancy yoga studios and complicated poses. Yoga is for everyone.

Wear comfortable clothing. Bring a thick towel or yoga mat to class. Chose a location and class to fit your needs.

Yoga

Mats provided.

		Keyword: Yoga	
April 14-May 12	W	6-6:45 p.m.	\$35
NE City, AWC, Group X	McNeely	AREA-8419-NCSE	
April 15-May 13	Th	12:10-12:55 p.m.	\$35
NE City, AWC, Group X	Barr	AREA-8419-NCSE	
May 17-June 14	M	5:30-6:15 p.m.	\$35
NE City, AWC, Group X	Barr	AREA-8419-NCSE	
May 18-June 15	T	8:30-9:30 a.m.	\$35
Plattsmouth, SER		Brannan	AREA-8419-PLSG
May 19-June 16	W	6-6:45 p.m.	\$35
NE City, AWC, Group X	McNeely	AREA-8419-NCSE	
May 20-June 17	Th	8:30-9:30 a.m.	\$35
Plattsmouth, SER		Brannan	AREA-8419-PLSH
May 20-June 17	Th	12:10-12:55 p.m.	\$35
NE City, AWC, Group X	Barr	AREA-8419-NCSE	

Chair Yoga

Learn modified yoga poses seated in a chair.

		Keyword: Yoga	
April 13-May 11	T	9:45-10:30 a.m.	\$35
NE City, AWC, Group X	Carlson	AREA-8418-NCSC	
May 18-June 15	T	9:45-10:30 a.m.	\$35
NE City, AWC, Group X	Carlson	AREA-8418-NCSC	

Water Aerobics

Why exercise in water? Water offers more resistance than air, allowing for a terrific cardiovascular workout, enhancing flexibility, strengthening and toning.

Swimming suits are required, while water shoes are recommended.

Keyword: Water

May 17-June 16	M, W	8:30-9:30 a.m.	\$59
NE City, AWC, Pool	Madden	AREA-8717-NCSD	

Barre Workout

Barre is a form of exercise in which classical ballet movements and positions are combined with those from yoga and Pilates.

Barre classes focus on small, pulsing movements with emphasis on form, alignment and core engagement. Wear comfortable clothing, suitable for working out.

Keyword: Barre

April 15-June 17	Th	5:30-6:30 p.m.	\$59
NE City, AWC, Group X	Rayhel	AREA-8729-NCSE	

Cardio Circuit

Combine continuous cardio with full-body strength training. This workout will burn serious calories and tone you up!

Wear comfortable clothing, suitable for working out.

Keyword: Cardio

May 5-26	M, W, F	8:30-9:30 a.m.	\$59
NE City, AWC, Group X	DeBuhr	AREA-8726-NCSD	

Morning Mix-Up

Need a kick to wake up in the morning? This is a total-body workout consisting of strength stations, HIIT, cycling, yoga, suspension training and more.

Wear comfortable clothing, suitable for working out.

Keyword: Mix-Up

May 5-26	M, W, F	5:30-6:30 a.m.	\$59
NE City, AWC, Group X	DeFreece/Essary/Sammons	AREA-8722-NCSD	

Fitness Boot Camp

This intense workout is for all levels, no matter where you are in your fitness journey.

Wear comfortable clothing, suitable for working out.

Keyword: Camp

April 15-June 17	Th	5:30-6:30 a.m.	\$59
NE City, AWC, Group X	Barr	AREA-8725-NCSE	

Location Key

NE City, AWC..... Ambassador Wellness Center, 1240 N. 19th

For more information, contact **Cindy Meyer** at 800-828-0072, ext. 3636, or cmeyer@southeast.edu

Zumba® Active

This class is for active aging adults who are looking for a modified Zumba® class recreating the original moves at a lower intensity. The energizing music will get you moving toward a healthier, active lifestyle. Because you will move your whole body, the dance steps will help circulate your blood through your entire body and raise your heart rate. This class is very easy to follow.

Bring to class: water bottle and hand towel. Wear comfortable clothing, suitable for working out. Dance shoes not required.

Keyword: Zumba

April 16-May 14 NE City, AWC, Group X	F Wetrosky	9:45-10:30 a.m. AREA-6311-NCSC	\$35
May 21-June 18 NE City, AWC, Group X	F Wetrosky	9:45-10:30 a.m. AREA-6311-NCSD	\$35

RIP (formerly BodyPump)

RIP involves eight separate muscle groups through a series of squats, presses, dead lifts, etc. The focus is on muscle endurance using several repetitions. The classes are set to music using free weights, barbells and an aerobic step.

Participants choose their weights based on personal goals. Wear comfortable clothing, suitable for working out.

Keyword: RIP

May 19-June 18 NE City, AWC, Group X	W, F Stukenholtz	5:30-6:30 p.m. AREA-8727-NCSD	\$59
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Senior Stretch & Flex

Enjoy a morning workout and improve your health. This Active Aging class will include stretching, cardio and the proper use of free weights. You will experience improved flexibility while seeing positive changes to your body.

Dress in appropriate attire: loose, comfortable clothing and comfortable shoes.

Keyword: Stretch

May 17-June 14 NE City, AWC, Group X	M Carlson	9:45-10:30 a.m. AREA-8415-NCSCB	\$29
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NEW! Cardio Boxing Class

Cardio Boxing offers a high intensity, cardiovascular workout that combines basic boxing techniques and dynamic conditioning exercises. It is similar to Cardio Kickboxing, but without the kicks. Help build stamina, improve flexibility and burn calories as you build lean muscle.

No equipment needed. Need to wear comfortable clothes and supportive shoes.

Keyword: Cardio

May 1-June 12 LIVE Online, Zoom	S Waters	9-9:45 a.m. No class May 29	\$25 AREA-8523-TCSA
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Body Sculpting: Butts & Guts

Join our special focus class just for your lower body! This workout routine is designed to help shape and tone belly and buttocks muscles, along with increasing lower body strength, burning fat and building lean muscle. You will learn how to utilize proper form to avoid injury and gain results.

Students should wear workout attire (comfortable pants/shirt/tennis shoes) and bring water and a towel (optional).

Keyword: Sculpting

June 1-22 LIVE Online, Zoom	T Waters	6-7 p.m. AREA-8505-TCUA	\$31
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Location Key

NE City, AWC..... Ambassador Wellness Center, 1240 N. 19th



For your convenience, we are offering LIVE Online learning opportunities. These classes are delivered live via Zoom. They are not prerecorded videos. This allows you, the student, to participate from the comfort of your home. Look for the LIVE Online logo shown to the left to find these classes. As our learning environment changes, we look forward to offering additional classes live online.

Have an idea for a class that could be offered live online? Please submit your idea at <https://bit.ly/sccceonlinecourses>.



www.ed2go.com/sccn

BROWSE COURSES IN

Accounting and Finance
Business
College Readiness
Computer Applications
Design and Composition
Health Care and Medical

Language and Arts
Law and Legal
Personal Development
Teaching and Education
Technology
Writing and Publishing



<http://bit.ly/SCC-UGotClass>

BROWSE CERTIFICATES & COURSES IN

Business
Business Communication
Health
Human Resources
Leadership
LEED Green Workplace
Management

New Media Marketing
Personal Development
Social Media for Business
Technology Skills
Training and Education
Training for K12 Teachers

For more information, contact **Cindy Meyer** at 800-828-0072, ext. 3636, or cmeyer@southeast.edu

Cancellation/Refund Policy: You must call the Continuing Education office at 402-437-2700 or 800-828-0072 the day before the class begins to receive a 100% refund. If you call the day of the class or after it has started, no refund will be issued. If a class is cancelled or student drops (according to the refund policy), refunds will be issued to the student, unless a third party has been formally billed by SCC Business Office. **ADA Reasonable Accommodations:** SCC provides services and reasonable accommodations to allow persons with disabilities to participate in educational programs and other College activities. For information on requesting ADA reasonable accommodations, contact the SCC Area Access/Equity/Diversity Office.



REGISTER ONLINE

You must have an email account to register online.

- Go to <http://bit.ly/RegisterCE>
- Search for your class** by entering a **key word** in the title or the **course number**. Click **Submit**. (Enter information in only one field for broader results.)
Key Word Example: *Driver*
Course Number Example: *TRAN-3398*
- Select the course** for which you wish to register. Click **Submit**.
- Enter your **personal information, certify your identification** and click **Submit**.
* You must provide your Social Security Number.
- Optional:** Enter your **Additional Registration Information** and click **Submit**.

- If you want to register for additional classes, select **Search for more classes** under "Choose one of the following." If you are finished selecting the class(es) for which you want to register, select **Register now (check out)**. Select your **Payment Type**. Click **Submit**.
- Enter your **payment information**. Click **Submit**.

You will see your **class acknowledgement** with information about your **SCC Student ID Number, SCC User ID** and **password**. You also will receive an email with this same information for your records.

In the future it will be easy to register by logging in using your SCC User ID and password and it will not be necessary to provide your Social Security number again.

If you have problems getting registered, please call 402-437-2700 or 800-828-0072 for assistance.

* The College requires a student's Social Security number as a condition for enrollment online. A student's Social Security number information constitutes an "educational record" under FERPA.

OR REGISTER BY MAIL, FAX OR IN PERSON



Registration Form - Non-Credit Course

Today's Date

Complete this form with payment information and send via mail to Southeast Community College, Continuing Education, 301 S. 68th St. Place, Lincoln, NE 68510 OR FAX to 402-437-2703

PLEASE PRINT

The College requests, but does not require, a student provide their Social Security number during the admissions process. Visit www.southeast.edu/collegecatalog for additional information.

Social Security Number OR SCC Student ID Number		Birth Date	Name: Last		First	Middle Initial
Residence Mailing Address			City	State	Zip	County #
Email Address			Cell Phone	<input type="checkbox"/> Home <input type="checkbox"/> Business Phone		
I identify as: <input type="checkbox"/> Male <input type="checkbox"/> Female	<input type="checkbox"/> Nebraska Resident <input type="checkbox"/> Non-Resident	Ethnicity (select one): <input type="checkbox"/> Hispanic or Latino		<input type="checkbox"/> Not Hispanic or Latino	Race (Select one or more): <input type="checkbox"/> White <input type="checkbox"/> Asian <input type="checkbox"/> Native Hawaiian/Other Pacific Islander <input type="checkbox"/> American Indian/Alaska Native <input type="checkbox"/> Black/African-American	

COURSE NUMBER	TITLE	START DATE	COST
-	-	-	\$
-	-	-	\$
-	-	-	\$
-	-	-	\$

SIGNATURE

Check Cash Mastercard AMEX Discover VISA V Code _____

Name as it appears on card: _____

Exp. Date _____ CC # _____

Billing agency (INCLUDE LETTER OF AUTHORIZATION ON COMPANY LETTERHEAD)

For the protection of your personal credit card information, do not email this form to SCC. If faxing, only use the fax number listed or verify with SCC before using another SCC fax number.

Would you like a receipt mailed to you?
 Yes No

SCC Staff Tuition Waiver ()

TOTAL DUE

FOR OFFICE USE ONLY

ID# _____

DE _____

Submission of this form indicates that I understand: 1) that my registration is complete and that I am accountable for the tuition and fees and subject to a grade in the courses listed; 2) that should I officially drop, cancel, or withdraw, any refund in tuition will be determined by the date I submit my request to Continuing Education; 3) that failure to attend a course does not constitute an official drop/withdrawal; 4) the personal information contained herein is correct as shown; and 5) any changes in SSN, legal name, address, residency, etc. must follow the College procedures in the Student Handbook and College Catalog. It is the policy of SCC to provide equal opportunity and nondiscrimination in all admission, attendance, and employment matters to all persons without regard to race, color, religion, sex, age, marital status, national origin, ethnicity, veteran status, sexual orientation, disability, or other factors prohibited by law or College policy. Inquiries concerning the application of SCC's policies on equal opportunity and nondiscrimination should be directed to the Vice President for Access/Equity/Diversity, SCC Area Office, 301 S. 68th St. Place, Lincoln, NE 68510, or jsoto@southeast.edu.

301 S. 68th St. Place, Lincoln, NE 68510
402-437-2700 • 800-828-0072 • FAX 402-437-2703
www.southeast.edu/continuing

