Effective No-Equipment Exercises
Have you wanted to exercise but always felt like you needed special gym or home equipment to do so? You will be introduced to exercises that do not require equipment. Different variations of exercise will be explored and discussed so you can find what works best for your time and lifestyle.

Wear comfortable clothes and shoes.

Keyword: Exercises
July 31-Aug. 28
S
9-10 a.m.
$39
LIVE Online, Zoom
Waters
AREA-8553-TCUWA

Body Sculpting: Butts & Guts
Join our special focus class just for your lower body! The belly and buttocks muscles are the focus for shaping, along with increasing lower-body strength, burning fat and building lean muscle. How to utilize proper form to avoid injury and gain results are discussed.

Wear comfortable loose clothes.

Keyword: Sculpting
July 13-Aug. 3
T
6-7 p.m.
$31
LIVE Online, Zoom
Waters
AREA-8505-TCUWB

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Location Key
Beatrice, FLOW......................... Flowing Springs, 2211 Sunset Drive
Beatrice, JAC................. Southeast Community College, Beatrice Campus
Jackson Hall, 4771 W. Scott Road

For more information, contact us at 800-828-0072 or continuinged@southeast.edu

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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 yoga mat to class. Choose a location and class to fit your needs.

Gentle Yoga
Chair, standing or mat positions.

Keyword: Yoga
Sept. 13-Oct. 11
M
4:30-5 p.m.
$19
Beatrice, FLOW
Schroller
BBBX-1538-BEFA

Yoga & Pilates
All experience levels welcome.

Keyword: Yoga
Sept. 13-Oct. 11
M
5:30-6:30 p.m.
$39
Beatrice, JAC, Conf. Rm
Schroller
BBBX-1537-BEFA

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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.
## Registration Online

You must have an email account to register online.

2. 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
3. Select the course for which you wish to register. Click Submit.
4. Enter your personal information, certify your identification and click Submit.
   * You must provide your Social Security Number.
5. Optional: Enter your Additional Registration Information and click Submit.

* 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

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

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

<table>
<thead>
<tr>
<th>Social Security Number OR SCC Student ID Number</th>
<th>Birth Date</th>
<th>Name: Last</th>
<th>First</th>
<th>Middle Initial</th>
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### Residence Mailing Address

<table>
<thead>
<tr>
<th>Residence Mailing Address</th>
<th>City</th>
<th>State</th>
<th>Zip</th>
<th>County #</th>
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### Email Address

<table>
<thead>
<tr>
<th>Email Address</th>
<th>Cell Phone</th>
<th>Home</th>
<th>Business Phone</th>
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### I identify as:

- Male
- Female
- X (Gender variant/Non-binary)
- Nebraska Resident
- Non-Resident
- Hispanic or Latino
- Not Hispanic or Latino
- Race (Select one or more):
  - White
  - Asian
  - American Indian/Alaska Native
  - Native Hawaiian/Other Pacific Islander
  - Black/African-American

### Ethnicity (select one):

- Hispanic or Latino
- Not Hispanic or Latino

### Key Word Example:

Example: Driver

### Course Number Example:

Example: TRAN-3398

### For Office Use Only

- SCC Staff Tuition Waiver
- ID# __________________
- DE __________________

#### Submit

FOR OFFICE USE ONLY

- Would you like a receipt mailed to you? Yes No
- TOTAL DUE

**For more information about your class acknowledgement with information about your SCC Student ID Number, SCC User ID, and password, please visit our website: www.southeast.edu/collegecatalog**