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.

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<tr>
<th>Date</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
<th>Code</th>
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<tr>
<td>Sept. 13-Oct. 11</td>
<td>M</td>
<td>4:30-5 p.m.</td>
<td>Beatrice, FLOW</td>
<td>Schroller</td>
<td>BBBX-1538-BEFA</td>
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<tr>
<td>Oct. 25-Nov. 22</td>
<td>M</td>
<td>4:30-5 p.m.</td>
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Yoga & Pilates
All experience levels welcome.

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<td>M</td>
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How to Tame Your (Unruly) Dragon: Learning to Use Coping Skills to Manage & Regulate Your Emotions
Some days we all feel like a dragon. Yes, a genuine fire-breathing, killing machine. But that’s OK so long as you know how to put yourself back on a leash. The different types of coping skills will be explored, along with their triggers. Management strategies, techniques and tools will be presented and discussed.

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<tr>
<td>Oct. 21</td>
<td>Th</td>
<td>6-8 p.m.</td>
<td>LIVE Online, Zoom</td>
<td>Toma</td>
<td>AREA-6680-TCFWB</td>
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NEW! Meditative Mandalas
Discover the geometric doodles of the circular mandala designs as you practice mindfulness skills, breathing exercises and expressions of gratitude.

Bring to class a fine-tip marker and paper.

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<td>Oct. 12-19</td>
<td>T</td>
<td>6-7:30 p.m.</td>
<td>LIVE Online, Zoom</td>
<td>Roseberry</td>
<td>AREA-0744-TCFWB</td>
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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 also are discussed.

Wear comfortable, loose clothes.

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<tr>
<td>Nov. 6-Dec. 4</td>
<td>S</td>
<td>9-10 a.m.</td>
<td>LIVE Online, Zoom</td>
<td>Waters</td>
<td>AREA-8505-TCFWA</td>
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Cardio Boxing Class
Cardio boxing offers a high-intensity, cardiovascular workout that combines basic boxing techniques and dynamic conditioning exercises. It helps to build stamina, improve flexibility and burn calories while building lean muscle.

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

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<td>S</td>
<td>9-10 a.m.</td>
<td>LIVE Online, Zoom</td>
<td>Waters</td>
<td>AREA-8523-TCFWA</td>
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For more information, contact us at 800-828-0072 or continuinged@seoutheast.edu

Check out all classes offered at www.seoutheast.edu/BeatriceCE
Find us on Facebook® at www.facebook.com/SCCNebCE

Cancellation/Refund Policy: You must call the Continuing Education office at 402-437-2760 or 800-828-0073 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.

Location Key
Beatrice, AEC.......................... Southeast Community College, Beatrice Campus
Academic Excellence Center, 4771 W. Scott Road
Beatrice, FLOW.......................... Flowing Springs, 2211 Sunset Drive
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.

You will see your class acknowledgement with information about your SCC Student ID Number, SCC User ID and password. Print this page 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.

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
Email Address Cell Phone
I identify as: Male Female X (Gender variant/Non-binary)
Nebraska Resident Non-Resident
Hispanic or Not Hispanic or Latino
Race (Select one or more):
White Asian American Indian/Alaska Native Black/African-American Native Hawaiian/Other Pacific Islander
Ethnicity (select one):
Hispanic or Not Hispanic or Latino
COURSE NUMBER TITLE START DATE COST
TOTAL DUE
Would you like a receipt mailed to you? Yes No
SCC Staff Tuition Waiver
FOR OFFICE USE ONLY
IDN __________________________ DE __________________________
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.

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