

## Mind & Body

Spring 2022



### 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.

#### Yoga

Mats provided.

		Keyword: Yoga		
April 6-May 4	W	6:45-7:30 p.m.		\$35
NE City, AWC, Group X	Carlson	AREA-8419-NCSA		
April 14-May 12	Th	12:10-12:55 p.m.		\$35
NE City, AWC, Group X	Barr	AREA-8419-NCSB		

#### Chair Yoga

Modified yoga poses seated in a chair.

		Keyword: Yoga		
April 19-May 17	T	9:45-10:30 a.m.		\$35
NE City, AWC, Group X	Carlson	AREA-8418-NCSA		

#### Location Key

NE City, AWC ..... Ambassador Wellness Center, 1240 N. 19th  
NE City, NCLC ..... Learning Center at Nebraska City, 1406 Central Ave.

For more information, contact **Cindy Meyer** at  
800-828-0072, ext. 3636, or [cmeyer@southeast.edu](mailto:cmeyer@southeast.edu)

#### 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 2-June 1	M, W	8:30-9:30 a.m.		\$59
NE City, AWC, Pool	Madden	AREA-8717-NCSA		
May 2-June 1	M, W	4:45-5:45 p.m.		\$59
NE City, AWC, Pool	Schnitzer	AREA-8717-NCSB		

#### Cardio Circuit

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

		Keyword: Cardio		
April 4-25	M, W, F	8:30-9:30 a.m.		\$59
NE City, AWC, Group X	DeBuhr	AREA-8726-NCSA		

#### 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 14-May 16	M, Th	5:30-6:30 p.m.		\$59
NE City, AWC, Group X	Rayhel	AREA-8729-NCSA		

#### 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: Fitness		
April 13-June 15	W	5:30-6:30 p.m.		\$59
NE City, AWC, Group X	Barr	AREA-8725-NCSA		

#### 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 2-23	M, W, F	5:30-6:30 a.m.		\$59
NE City, AWC, Group X	DeFreece/Essary/Sammons	AREA-8722-NCSA		

#### Spinning/Indoor Cycling

This is a fast-paced high intensity calorie-burning workout. Build endurance and strength.

Bring a water bottle and appropriate attire. Equipment provided.

		Keyword: Cycling		
April 12-May 19	T, Th	5:30-6 p.m.		\$39
NE City, AWC, Spin Rm	Stukenholtz	AREA-8592-NCSA		
April 19-June 14	T	12:10-12:50 p.m.		\$39
NE City, AWC, Spin Rm	Barr	AREA-8592-NCSB		

## Rip (formerly BodyPump)

Rip Training utilizes a lever bar and resistance cord to provide a unique mix of rotation, core stability, control, power, strength, mobility, metabolic conditioning, balance, and coordination challenges.

**Keyword: Rip**

April 6-June 8	W	5:30-6:30 p.m.	\$59
NE City, AWC, Group X	Stukenholtz	AREA-8727-NCSC	

## Zumba

Zumba routines incorporate interval training alternating fast and slow rhythms to help improve cardiovascular fitness.

**Keyword: Zumba**

April 5-June 7	T	5:30-6:30 p.m.	\$59
NE City, AWC, Group X	Farmer	AREA-8715-NCSC	
May 3-June 2	T, Th	8:30-9:30 a.m.	\$59
NE City, AWC, Group X	Wetrosky	AREA-8715-NCSC	

## 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 in your body.

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

**Keyword: Stretch**

April 4-May 2	M	9:45-10:30 a.m.	\$29
NE City, AWC, Group X	Carlson	AREA-8415-NCSC	

## Walk for a Healthier You

Ready to reap the benefits of walking right in your very own home? Walking can increase energy levels; strengthen bones and muscles; improve mood, memory and sleep; and reduce stress. Workouts will include warm-ups and cool-downs.

Dress in loose, comfortable clothing and appropriate shoes.

**Keyword: Walk**

April 5-May 3	T	5:30-6:15 p.m.	\$25
LIVE Online, Zoom	Waters	AREA-8492-TCSWB	

## Fit for Living

Energize with others while you enhance your stretching, cardio and core muscles. Strength and flexibility are key. Best price for your workout!

Bring a mat, towel and tennis shoes. Will use outdoor classrooms as often as can for Plattsmouth class.

**Keyword: Fit**

May 17-June 21	T	5:30-6:15 p.m.	\$29
LIVE Online, Zoom	Waters	AREA-8593-TCSWA	

For more information, contact **Cindy Meyer** at 800-828-0072, ext. 3636, or [cmeyer@southeast.edu](mailto:cmeyer@southeast.edu)

## LET'S DO LUNCH SERIES

April celebrates Administrative Professionals Day. This lunch series focuses on personal and professional development suitable for administrative professionals or anyone who wants to learn something new!

### NEW! LDL: Meditative Mandalas

Discover the geometric doodles of the circular mandala designs as you practice mindfulness skills, breathing exercises and expressions of gratitude.



**Keyword: Meditative**

April 7	Th	Noon-1 p.m.	\$10
LIVE Online, Zoom	Roseberry-Keiser	AREA-6665-TCSWA	

### NEW! LDL: Metabolic Syndrome

Metabolic syndrome is not a disease in itself but a group of risk factors. Learn about metabolic syndrome, the five risk factors and healthy lifestyle habits to help reduce the risks.



**Keyword: Metabolic**

April 14	Th	Noon-1 p.m.	\$10
LIVE Online, Zoom	Toma	AREA-6665-TCSWB	

### NEW! LDL: How to Tame Your (Unruly) Dragon: Learning to Use Coping Skills to Manage & Regulate Your Emotions

Coping strategies, techniques and tools will be presented and discussed.



**Keyword: Tame**

April 21	Th	Noon-1 p.m.	\$10
LIVE Online, Zoom	Toma	AREA-6665-TCSWC	

## 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/scceonlinecourses>.

**Want to take a class that is listed as "LIVE Online, Zoom" but don't have a way to view the class or are having connection issues?** Contact your Learning Center to see if other options are available.



[www.ed2go.com/scce](http://www.ed2go.com/scce)

## 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**

**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.

1. Go to <http://bit.ly/RegisterCE>
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**.

6. 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**.
7. 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**. **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.

\* 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](http://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"/> X (Gender variant/Non-binary)		<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"/> American Indian/Alaska Native <input type="checkbox"/> Native Hawaiian/Other Pacific Islander <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. SCC is an Equal-Opportunity co-educational college and does not discriminate based on race, color, religion, sex\*, age, marital status, national origin, ethnicity, veteran status, sexual orientation, disability, or other factors prohibited by law or College policy. [www.southeast.edu/diversity](http://www.southeast.edu/diversity) \* The U.S. Department of Education's Office for Civil Rights enforces Title IX's prohibition on discrimination on the basis of sex to also include discrimination based on gender identity.