

# Mind & Body

Spring 2023



## 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.

April 18-June 13	T	12:10-12:50 p.m.	\$39
NE City, AWC, Group X	Barr	AREA-8592-NCSA	

**Keyword: Cycling**

## 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.

April 24-May 24	M, W	9:45-10:30 a.m.	\$49
NE City, AWC, Group X	Owen	AREA-8656-NCSA	
June 5-July 5	M, W	9:45-10:30 a.m.	\$49
NE City, AWC, Group X	Owen	AREA-8656-NCUA	

**Keyword: Stretch**

## Cardio Circuit

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

April 10-May 1	M, W, F	9:45-10:30 a.m.	\$59
NE City, AWC, Group X	DeBuhr	AREA-8726-NCSA	
May 8-29	M, W, F	9:45-10:30 a.m.	\$59
NE City, AWC, Group X	DeBuhr	AREA-8726-NCSB	

**Keyword: Cardio**

## 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.

April 20-May 18	Th	Noon-1 p.m.	\$35
NE City, AWC, Group X	Barr	AREA-8419-NCSA	
May 25-June 22	Th	Noon-1 p.m.	\$35
NE City, AWC, Group X	Barr	AREA-8419-NCUA	

**Keyword: Yoga**

### Chair Yoga

Modified yoga poses seated in a chair.

April 18-May 16	T	9:45-10:30 a.m.	\$35
NE City, AWC, Group X	Carlson	AREA-8418-NCSA	
May 23-June 20	T	9:45-10:30 a.m.	\$35
NE City, AWC, Group X	Carlson	AREA-8418-NCUA	

**Keyword: Yoga**

## 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.

April 19-June 21	W	5:30-6:30 p.m.	\$59
NE City, AWC, Group X	Stukenholtz	AREA-8727-NCSA	

**Keyword: Rip**

## 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.

April 17-May 18	M, Th	5:30-6:30 p.m.	\$59
NE City, AWC, Group X	Rayhel	AREA-8729-NCSA	

**Keyword: Barre**

### Location Key

NE City, AWC .....G & G Wellness Center, 1240 N. 19th

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

Check out all classes offered at [southeast.edu/NebraskaCityLC](https://southeast.edu/NebraskaCityLC)  
Find us on Facebook at [facebook.com/SCCLearningCenteratNebraskaCity](https://facebook.com/SCCLearningCenteratNebraskaCity)



### Water Aerobics

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

Swimsuits are required, while water shoes are recommended.

**Keyword: Water**

May 1-31	M, W	4:45-5:45 p.m.	\$59
NE City, AWC, Pool	Schnitzer	AREA-8717-NCSA	

### 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 if attending in person.

**Keyword: Fit**

April 3-May 8	M	5:30-6:15 p.m.	\$29
LIVE Online, Zoom	Meyer	AREA-8593-TCSFA	

### Beginning Line Dance

How would you like to get fit and dance a bit? Line dances are a great way to start your dancing adventure. They're fun to learn and easy to remember. Any level of skill, from novice to experienced, will enjoy this class. You will learn at least one new line dance each session with time for review and practice. Register early!

**Keyword: Dance**

May 1-22	M	7-9 p.m.	\$45/person
NE City, NSES, Commons	Monk	AREA-4970-NCSA	

### Location Key

NE City, AWC .....G & G Wellness Center, 1240 N. 19th  
 NE City, NSES.....Northside Elementary School, 1200 14th Ave.

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



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.

**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.

**Check out all classes offered at [southeast.edu/NebraskaCityLC](http://southeast.edu/NebraskaCityLC)  
 Find us on Facebook at [facebook.com/SCCLearningCenteratNebraskaCity](https://facebook.com/SCCLearningCenteratNebraskaCity)**

**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.



## 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 [southeast.edu/collegecatalog](http://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"/> 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	( )
<b>TOTAL DUE</b>	

<b>FOR OFFICE USE ONLY</b>
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, [southeast.edu/diversity](http://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.

# Register Online for SCC Continuing Education Classes

You must have an email account to register online.

1. Go to <http://bit.ly/RegisterCE>.
2. **Search for your class** by entering either 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.



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301 S. 68th St. Place, Lincoln, NE 68510  
402-437-2700 • 800-828-0072 • FAX 402-437-2703  
[southeast.edu/continuing](http://southeast.edu/continuing)

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