

# Mind & Body

Fall 2023

## Cardio Circuit

Combine continuous cardio with full-body strength training. This workout will burn serious calories and tone you up! **Keyword: Cardio**  
Oct. 16-Nov. 13 M, W, F 9:45-10:30 a.m. \$59  
NE City, AWC, Group X Shady AREA-8726-NCFA

## 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: Morning**  
Oct. 16-Nov. 1 M, W, F 5:30-6:30 a.m. \$59  
NE City, AWC, Group X DeFreece/Bennett AREA-8722-NCFA

## NEW! Cardio Drumming

Join us for a new fitness trend, cardio drumming. Combining music, drumsticks and an exercise ball, create a full body workout for any fitness level. Turn simple movements and keeping a rhythm into a fun and motivating workout.



Bring a stability ball, and sticks (drumsticks, wooden spoons or a pool noodle cut in half) to class. **Keyword: Cardio**  
Oct. 23-Nov. 27 M 5:15-6 p.m. \$29  
LIVE Online, Zoom AREA-8524-TCFFA

## 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**  
Oct. 16-Nov. 15 M, W 5:30-6:30 p.m. \$59  
NE City, AWC, Group X Rayhel AREA-8729-NCFA

## Spinning/Indoor Cycling

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

Bring a water bottle and wear appropriate attire. Equipment provided. **Keyword: Cycling**  
Oct. 10-Nov. 16 T, Th 5:30-6 p.m. \$39  
NE City, AWC, BSMT Smallfoot/Ritchheart AREA-8592-NCFA

## Water Aerobics

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**  
Oct. 16-Nov. 15 M, W 8:30-9:30 a.m. \$59  
NE City, AWC, Pool Madden AREA-8717-NCFA

### Location Key

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

## 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**  
Oct. 16-Nov. 13 M 6:45-7:45 p.m. \$35  
NE City, AWC, Group X Carlson AREA-8419-NCFA  
Oct. 20-Nov. 17 F Noon-1 p.m. \$35  
NE City, AWC, Group X Carlson AREA-8419-NCFB

### Chair Yoga

Modified yoga poses seated in a chair. **Keyword: Yoga**  
Oct. 17-Nov. 16 T, Th 9:45-10:30 a.m. \$59  
NE City, AWC, Group X Carlson AREA-8418-NCFA

## Tool Box for Meditation

Would you like to be able to access more inner peace, and maintain calm equilibrium through challenging or stressful times? Join us to discover the foundational techniques of meditation. Meditation is an easy skill to learn and holds the potential for lifelong benefits.



Participants can sit on chairs or mats on the floor.  
**Keyword: Meditation**  
Nov. 9-16 Th 6-7 p.m. \$19  
LIVE Online, Zoom Roseberry AREA-6685-TCFWA



These classes are delivered live via Zoom, not prerecorded videos. This allows you, the student, to participate from the comfort of your home. As our learning environment changes, we look forward to offering additional classes live online.

**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.

For more information, contact **Cindy Meyer** at 402-323-3636 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)



# 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**. **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 [southeast.edu/academics/college-catalog.php](http://southeast.edu/academics/college-catalog.php) 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/about/other-scc-departments/access-equity-diversity-title-ix/index.php](http://southeast.edu/about/other-scc-departments/access-equity-diversity-title-ix/index.php) \* 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.