



The Student Center presents:  
The **SPRING 2019**  
**Mini-Course Mini-Program**  
Sponsored by the Student Center Governing Board



## REGISTRATION:

Register through Monday, April 15 at the Student Center Main Desk.

All payments must be made in full at time of registration.

NO SLOTS will be reserved without payment.

*You must be a Student Center Member to enroll -*

Please bring your current SUNY Downstate ID card and  
Student Center membership card when you register.

Payments may be made in cash or by check payable to SAF.

**REGISTER EARLY TO ENSURE CLASSES MEET MINIMUMS!**

**REFUND POLICY:** Refunds will **ONLY** be given if a class is cancelled  
because it does not meet its minimum enrollment .

***NO OTHER REFUNDS WILL BE PERMITTED.***

No refunds will be given for academic conflict or personal scheduling issues.

STUDENT CENTER  
394 LENOX ROAD  
BROOKLYN, NEW YORK 11203  
718-270-2487

Also available for download at:  
[http://sls.downstate.edu/student\\_center/](http://sls.downstate.edu/student_center/)

# Fit Lifestylz with Nathalie

Nathalie Deare has trained as a group fitness instructor with Shape Up NYC Fitness / Parks & Recreation and is certified in ZUMBA Basic.

Questions? Contact:  
[nathalie.deare@downstate.edu](mailto:nathalie.deare@downstate.edu)



I love teaching Aerobic and Zumba classes as an inspiration to help participants enjoy a great workout to upbeat music with easy-to-follow steps. If you are looking for a challenging, super-fun class then Fit Lifestylz with Nathalie is the workout for you. Come and ease your stress during lunch break with aerobic exercises that is suited to all fitness levels. Be committed and challenge yourself to attend all sessions for a stronger, fitter and healthier you in 2019.

This class will meet twice a week and work all muscle groups through a variety of movements with resistance bands that tone and strengthen while relieving stress. Each 45-minute session is designed to build stamina and flexibility with aerobic moves.

Get motivated to start your workout and reach your goal!  
**Equipment: Bring your own resistance bands, if you'd like.**

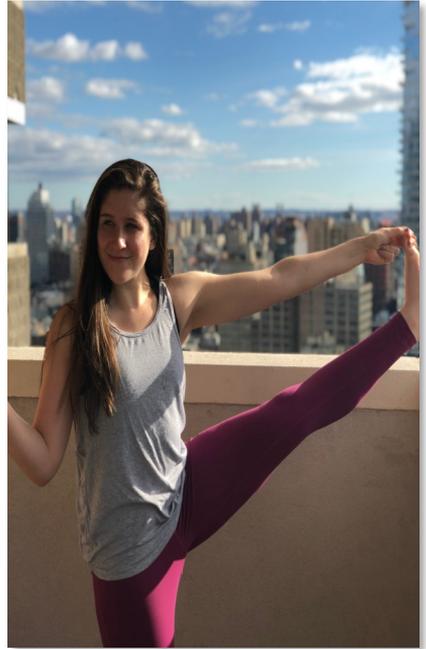
<b>MON &amp; WED</b>	Squash Court	12:00-12:45 p.m.	12 sessions	<b>\$40</b>
Starting 4/15 thru 5/22		Min: 5 Max: 25		

Day-of class drop-ins  
are welcome for \$5 fee.  
Must be a Student Center  
Member.

# Yoga in May with Kelsey

Kelsey Sklar is an MD/MPH student at Downstate just finishing MS1! During college, I found that yoga was the best way to reconnect with my body, de-stress and actually enjoy working out. Now I live in Brooklyn and teach yoga around New York City in my spare time (in addition to listening to podcasts and trivia nights). Celebrate Spring with me by taking my class!

**Questions? Contact:**  
**kelsey.sklar@downstate.edu**



**For All Levels.** I teach power vinyasa yoga, connecting breath to movement in a fun and challenging one-hour session. My sequences vary week to week, but the class structure is roughly the same. We will warm-up, study poses and then move through the poses one breath per movement. The class is open-level, so beginners and experts are all welcome! Like any yoga class, you will leave class feeling more relaxed with the added benefit of an hour of physical activity.

**Please note: while plastic gym mats are available, it is recommended that students bring their own yoga mats and towels.**

<b>THURSDAY</b>	Squash Court	5:30-6:30 p.m.	4 sessions	<b>\$25</b>
Starting 5/2 thru 5/23		Min: 4 Max: 14		

**Day-of-class drop-ins are welcome for \$10 fee. Must be a Student Center Member, or pay extra\$5 guest fee**

**Weather Permitting: class will be outdoors on the tennis court**

# Power Flow Yoga with Kaylyn

Kaylyn Alexander is a Vinyasa yoga instructor, meditation guide, and former gymnast specializing in stress-relief, mindful movement, and proper alignment. Her classes incorporate asana (posture) practice, pranayama breathing, and guided meditation—and encourage a balance of strength, flexibility, effort, and ease. Kaylyn completed a Kundalini mentorship in 2013 under the teachings of Yogi Bhajan and a Vinyasa training with Yoga to the People in 2015. She also recently became a Reiki Master, incorporating hands-on healing techniques into her practice. She believes yoga is for every body and is passionate about making it accessible to all. Outside of yoga classes, Kaylyn can be found cuddled up with a good book, or somewhere outdoors soakin' up the sun.



**Questions? Contact:**  
**Kaylynalexanderyoga@gmail.com**

**For All Levels.** Lift yourself up and relieve stress with an invigorating 60-minute yoga session. The class begins with gentle stretching and mindful breathing leading into an uplifting power vinyasa flow, and ends with a regenerative meditation and savasana. An exploration of linking breath, movement, and authentic intention together. Modifications, hands-on and off adjustments will be offered. Beginners and practitioners seeking to deepen their practice are welcome.

**Please note: while plastic gym mats are available, it is recommended that students bring their own yoga mats and towels.**

<b>FRIDAY</b>	<b>Squash Court</b>	<b>7:45-8:45 a.m.</b>	<b>6 sessions</b>	<b>\$40</b>
Starting 4/19 thru 5/24		Min: 3 Max: 14		

**Day-of-class drop-ins  
are welcome for \$10 fee.  
Must be a Student Center Member,  
or pay extra \$5 guest fee**