The Student Center presents:
The WINTER 2020 Mini-Course Program

Also available for download at:
http://sls.downstate.edu/student_center/

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

Sponsored by the Student Center Governing Board
STUDENT CENTER HOURS

MONDAY - FRIDAY: 7 a.m. - 10 p.m.
SATURDAY: 10 a.m. - 6 p.m.
SUNDAY: 3 p.m. - 10 p.m.

POOL HOURS (Call to confirm)

MONDAY - FRIDAY: 7 a.m. - 9 a.m., 11 a.m. - 2 p.m., 5 p.m. - 9 p.m.
SATURDAY: 11 a.m. - 2 p.m., 2:30 p.m. - 5:00 p.m.
SUNDAY: 4 p.m. - 6 p.m., 7 p.m. - 9 p.m.

Winter Student Center Closures:
MLK Jr. Day weekend: Center closed 1/18-19, Reopens at 3 p.m. on Monday 1/20.

Presidents Day weekend: Center closed 2/15-16, Reopens at 3 p.m. on Monday 2/17.

QUESTIONS? CALL 718-270-2487
The Student Center Governing Board is pleased to present its semi-annual Mini-Course Program to members of the SUNY Downstate community. Faculty, students and staff who are members of the Student Center are invited to enroll in one or more of these non-credit courses. Whether to improve an existing skill or explore a new field of interest, we think you will find the offerings exciting and worthwhile.

**Table of Contents**

Student Center Mini-Course Registration Information.............5
Swimming Groups and More with Anthony.........................6-7
Swimming with Michelle ..................................................8
Afro-Movement with Dami..................................................9
Total Body with Ty..............................................................10
Basic Self Defense with Shaka...........................................11
Evening Vinyasa Yoga with Lauren.................................12
Mid-Week Vinyasa Yoga with Talia.................................13
Intro to Still Photography with Kendall .........................14-15
We are always looking to expand our Mini-course Program!

**Athletics!**  **Dance!**  **Yoga!**

**CRAFTS!**  **Stress-Relief!**

**Creative Arts!**  **Photography!**

Do you or someone you know want to earn some cash and teach a skill for our Fall 2020 Mini-course program? Contact Schuyler Hooke for more information at:
schuyler.hooke@downstate.edu
REGISTRATION:
Register Tuesday, January 21st through Monday, February 3rd (or first class per instructor.) at the Student Center Main Desk. All payments must be made in full at time of registration. NO SLOTS will be reserved without payment.

WHO’S ELIGIBLE TO ENROLL IN A MINI-COURSE?
Each participant must have an active membership at the Student Center.

WHO IS ELIGIBLE TO BECOME A STUDENT CENTER MEMBER?
• Downstate Students/Alumni including children and/or spouse.
• Downstate Employees including children and/or spouse.

Please bring your current SUNY Downstate ID card and your Student Center membership card when you register.
Payments may be made in cash or by check payable to SAF, (purchases over $100 can be charged, MasterCard/Visa)

Note: Retain the receipt of payment. Your receipt is required for admission to the first session of each class.

CLASSES/TIME SLOTS MAY FILL!
REGISTER EARLY TO AVOID BEING CLOSED OUT OF THE CLASS OF YOUR CHOICE.

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. Please choose courses carefully. No refunds will be issued due to academic conflict or personal scheduling issues.
Swimming with Anthony C.

Anthony Christopher is a Downstate Alumnus and has been teaching swimming to Student Center members for the past 40 years. Anthony has years of experience in stroke technique and development, and wants everyone to be more comfortable in the water...so he has devised a broader program of swim opportunities this year.

Questions? Contact:
aacochristopher@yahoo.com
or (516) 205-8156

ADULT GROUP SWIMMING—Tuesday Evenings

BEGINNER

Adults wishing to learn proper freestyle and backstroke techniques to compliment their dry land exercise routine. Join this fun yet instructional group class for an introduction to basic water-treading and breathing methods to relax the novice swimmer.

<table>
<thead>
<tr>
<th>TUESDAY</th>
<th>Pool</th>
<th>5:30-6:15 p.m.</th>
<th>8 sessions</th>
<th>$120 *</th>
</tr>
</thead>
<tbody>
<tr>
<td>Starting 2/4 thru 3/24</td>
<td>Min: 4</td>
<td>Max: 12</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

ADVANCED BEGINNER

Pre-requisite: Completion of any Beginner class. Increase the comfort level and “watermanship” of the individual by adding to the skills learned in Beginner Swimming. Emphasis will be placed on building stamina, basic co-ordination & skill refinement.

<table>
<thead>
<tr>
<th>TUESDAY</th>
<th>Pool</th>
<th>6:15-7:00 p.m.</th>
<th>8 sessions</th>
<th>$120 *</th>
</tr>
</thead>
<tbody>
<tr>
<td>Starting 2/4 thru 3/24</td>
<td>Min: 4</td>
<td>Max: 12</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*GROUP CLASS DISCOUNT!

Sign up for a group class with a friend and you each save $20.
$200 for 2!
LEARN TO SWIM WITH A PAL—2 person instruction
Learn to swim with the comfort of doing it with a friend. These semi-private lessons will proceed at a pace comfortable for both participants who should be comparable in skill level. From first-time-in-the-pool students to those perfecting strokes, this is an ideal opportunity begin or enhance your swimming experience. Open to children ages 6 and up through adult.

Save $100 by signing up as a pair—our best swimming deal!

* Pool * 8 sessions * 45 minutes *
* $200 each or $300/pair *

| WEDNESDAY   | 5:15-6:00 p.m. | 2/5 - 3/25 |
| WEDNESDAY   | 6:00-6:45 p.m. | 2/5 - 3/25 |

Slots filled on a first-come, first-served basis!

Other times may be available, contact Schuyler Hooke at schuyler.hooke@downstate.edu

THERE ARE NO MAKE-UP CLASSES.

PRIVATE LESSONS—for Adults and Youth ages 6 and up!
For swimmers and non-swimmers alike, Anthony will customize your swimming program after meeting with you on your first session. From putting your face in the water, to beginner kicking and breathing, to streamlining your strokes for speedier swimming, you will be a better swimmer at the end of the six-week program.

* Pool *
* 6 sessions *
* 30 minutes *
* $300 *

| TUESDAY   | 12:00 - 12:30 p.m. | 2/4 - 3/10 |
| TUESDAY   | 12:30 - 1:00 p.m. | 2/4 - 3/10 |
| TUESDAY   | 1:00 - 1:30 p.m. | 2/4 - 3/10 |
| THURSDAY  | 12:00 - 12:30 p.m. | 2/6 - 3/12 |
| THURSDAY  | 12:30 - 1:00 p.m. | 2/6 - 3/12 |
| THURSDAY  | 1:00 - 1:30 p.m. | 2/6 - 3/12 |
| FRIDAY (early) | 7:15 - 7:45 a.m. | 2/7 - 3/13 |
| FRIDAY (early) | 7:45 - 8:15 a.m. | 2/7 - 3/13 |

Slots filled on a first-come, first-served basis!

THERE ARE NO MAKE-UP CLASSES.
Swimming with Michele

Michele Wilson, MPH is a certified Water Safety Instructor with over 28 years experience in aquatics at all levels. Michele enjoys working with swimmers at any level who are seeking to make progress and develop a positive relationship with water. Michele holds current certifications in First Aid, CPR, AED, and Lifeguarding.

Questions? Contact: michele.wilson@downstate.edu

For Women-Only Adult Advanced Beginner Swimming
This class is for any woman that is interested in continuing to learn to swim and/or wishes to feel more comfortable in and around water. It is accessible for all advanced beginner swimmers; available to you in a judgement free zone!

Pre-req: Must be able to float, put one’s face in the water, and kick both supine and prone without assistance for at least 8 yards. This class is for women only. Please note: a male lifeguard may be used.

<table>
<thead>
<tr>
<th>THURSDAY</th>
<th>Pool</th>
<th>Time</th>
<th>Sessions</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>5:30-6:15 p.m.</td>
<td>8</td>
<td>$160</td>
</tr>
<tr>
<td></td>
<td>Starting 2/6 thru 4/2</td>
<td>Min: 5  Max: 10</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Co-Ed Adult Beginner Swimming
This class is for anyone is interested in learning to swim and/or wishing to feel more comfortable in and around water. It is accessible for all beginner swimmers at any level.

Pre-req: There is no prerequisite for this class. This class section is available for women and men.

<table>
<thead>
<tr>
<th>THURSDAY</th>
<th>Pool</th>
<th>Time</th>
<th>Sessions</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>6:15-7:00 p.m.</td>
<td>8</td>
<td>$160</td>
</tr>
<tr>
<td></td>
<td>Starting 2/6 thru 4/2</td>
<td>Min: 5  Max: 10</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

PLEASE NOTE: There will be NO classes on March 12th.
Afro-Movement with Dami

Damilola Adesanya is a COM student who is just finishing her studies here. Originally from Nigeria, Dami has trained in Afro-dance technique, learning different moves from other African countries (Ghana, Congo, South Africa, etc) and wants to share part of Nigerian culture through dance!

Questions? Contact: damilola.adesanya@downstate.edu

We will meet once a week to learn some of the most popular Afro Moves like the Shoki, Shaku, Zanku, Gwara-Gwara, Pilolo, the Azonto, etc. Each class will start with stretching and some warm up moves and then progress with learning the techniques of popular afro-dance moves as part of beginner-level choreographed dances. This class is a great way to get your heart-rate up, and is the perfect opportunity to get your cardio in for the week!

Wear comfortable clothing that moves and sneakers!

<table>
<thead>
<tr>
<th>WEDNESDAY</th>
<th>Squash Court</th>
<th>6:00-7:15 p.m.</th>
<th>6 sessions</th>
<th>$30</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Starting 2/5 thru 3/11</td>
<td>Min: 4 Max: 15</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Total Body with Ty

Tiquan "TY" Hodge is a personal trainer and an NPC men’s physique competitor. He has over 19 years of fitness experience with a degree in Exercise Health and Nutrition and has been certified in personal training. He believes that you can do anything you are willing to work for; and achieve any goal, especially by combining different modes of training instead of focusing on one.

Questions? Contact: pats85tiquanhodge@gmail.com

The class will focus on strength and conditioning, which will tone, sculpt, and condition your entire body and build your core. We will be using weights, focusing initially on low weight loads and high repetition, and eventually high weight loads with low repetition. Through this method you will burn fat, gain strength, and achieve muscle tone for a leaner body. This class will challenge all your muscle groups, as you will squat, curl, press, and lift, and you will learn to lift safely to prevent injury if you are working out on your own.

<table>
<thead>
<tr>
<th>Tues and Thurs</th>
<th>5:00 - 6:30 pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 weeks/12 sessions</td>
<td>2x weekly from 2/4 thru 3/12</td>
</tr>
<tr>
<td>Min: 4    Max: 6</td>
<td>Squash Court &amp; Weight Room</td>
</tr>
<tr>
<td></td>
<td>$360</td>
</tr>
</tbody>
</table>
Basic Self-Defense with Shaka

Shaka Harper is an Accelerated Nursing Student with a degree in Kinesiology from Brooklyn College. With over 15 years experience in several martial arts including Boxing, Brazilian JJ, and Japanese Jiu-jitsu, he is also a marathoner and former powerlifter. Currently, he is an instructor with Senshido Self Defense system, an Army service-member, and 911 emergency medical technician.

Questions? Contact: shaka.harper@downstate.edu

Hi there! I’m a seasoned athlete with over a decade of experience training in the combat arts and want to start you on a path of self-defense preparation. As a member of the military, I love to help people learn applicable skills, while pushing past perceived limits, and having loads of fun! Of course, an emphasis is always placed on safety. Please join me if you enjoy a good workout and would love to be like Bruce Lee! Just kidding! But it will be a great time while learning simple, easy-to-remember techniques. So kick-start your Wednesday with me, and get the blood pumping.

Gloves and mouth guards will be provided.

<table>
<thead>
<tr>
<th>WEDNESDAY</th>
<th>Squash Court</th>
<th>7:15-8:45 a.m.</th>
<th>4 sessions</th>
<th>$50</th>
</tr>
</thead>
<tbody>
<tr>
<td>Starting 2/5 thru 2/26</td>
<td>Min: 4 Max: 6</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Evening Vinyasa Yoga with Lauren

Lauren Gruffi is a first year med- student at Downstate, and an RYT-200 certified vinyasa yoga instructor. She became passionate about yoga as an undergraduate student and uses her practice for daily focus and realignment. Lauren believes in the power of yoga to cultivate mindfulness and energize the body and the mind, and she can't wait to share her practice with all of you!

Questions? Contact: lauren.gruffi@downstate.edu

For All Levels. Take a break from your week and unwind through a fun & challenging 60-minute power vinyasa class. By linking mindful breath and movement, this energetic class aims to build stamina, strength, and flexibility. Each week's class will follow the same general structure but offer creative variations in asana. The class is open to ALL levels, so please come out and flow!!

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

<table>
<thead>
<tr>
<th>TUESDAY</th>
<th>Squash Court</th>
<th>7:00-8:00 p.m.</th>
<th>8 sessions</th>
<th>$60</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Starting 2/4 thru 3/24</td>
<td>Min: 4</td>
<td>Max: 14</td>
<td></td>
</tr>
</tbody>
</table>

Day-of-class drop-ins are welcome for $10 fee. Must be a Student Center Member, or pay extra $5 guest fee.
**Mid-week Vinyasa Yoga with Talia**

Originally from Boulder, Colorado, Talia Page has been teaching strength, flexibility and movement since 2009. Yoga has been a part of her personal practice since she was a child, and in 2016 she completed her 200-hour Teacher Training at Sonic Yoga. Her love of learning and passion for her students led her to finish the 500-hour certification course the next year. She has taught yoga full-time in both group and individual settings since 2016, until this summer, when she joined the ABSN class of 2020. She looks forward to sharing the benefits of yoga with the Downstate community.

**Questions? Contact:** talia.page@downstate.edu

**For All Levels.** Each 90-minute class will be a full vinyasa flow, with plenty of support for beginners and enough challenge for advanced practitioners. Each week will be a stand-alone class focusing on a different area of flexibility or strength. My teaching is very interactive, and I love working with the class to make sure everyone gets what they need to walk away standing taller and breathing easier. I focus on breathing through the postures as a way to bring ease into the movement, and am always happy to give individual adjustments to help relieve tension even more profoundly.

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

**WEDNESDAY** | Squash Court | 12:00-1:00 p.m. | 8 sessions | $60
---|---|---|---|---
Starting 2/5 thru 3/25 | Min: 5 Max: 14

Day-of-class drop-ins are welcome for $10 fee. Must be a Student Center Member, or pay extra $5 guest fee.
Intro to Still Photography with Kendall

Kendall Rodriguez is a freelance photojournalist, photo editor, and documentary filmmaker based in NYC. His work has appeared in the New York Post, New York Daily News, Newsday, and on NY1, ABC, and NBC. He is also the owner of Raw Creatives, a film and video production company that produces a variety of content for documentaries as well as commercial content for businesses. Kendall studied journalism at Columbia University where he earned a Master of Science Degree. He also has a bachelor’s degree in Media and Communications from SUNY College at Old Westbury.

Questions: Contact: kcrphoto@gmail.com

This class is for beginners who are enthusiastic about photography and want to learn all aspects of their digital camera enabling them to become proficient at taking photographs using the manual functions of the camera. We have become used to taking photos with our smartphones with no control over how the image comes out. Here we will learn how to control the amount of light that comes into the camera and how to manipulate the look and feel of an image using the aperture, shutter speed, and ISO.

Unlike a traditional film photography class, this course will require some basic computer knowledge. A quick introduction into working with desktop imaging for the purposes of editing and ability to upload to a cloud-based folder in Dropbox or Flicker will be required.

Technical Requirements:
- DSLR Camera with manual functions and a detachable lens (35 or 50mm or short zoom): Canon, Nikon, Sony, Fujifilm or similar.
- A portable usb hard drive with at least 1TB of storage
- Home-access to the internet to be able to upload weekly assignments.
- Lap-top computer and usb card reader.

**THURSDAY**

811 Comp Lab 6:00-7:30 p.m. 6 sessions $175

Starting 2/6 thru 3/12

Min: 4 Max: 15
Syllabus:

Week 1
A brief history of Photography and inspirational photographs.
A discussion of Composition: layers, lines, perspective and rule of thirds.
An introduction to camera and the sim app on the computer.

Week 2
How light works. Sensor ISO and how it relates to exposure.
Shutter speed. Aperture settings. How to focus, including backlighting, blurry images, focus issues, and yellow color casts.
45 minutes of shooting time inside/outside the classroom.
OUT OF CLASS ASSIGNMENT TO BE ASSIGNED.

Week 3
Basic photo editing. Intro to lightroom and photoshop. This will include adjusting lighting and contrast, shadows, highlights, cropping, resizing, and color-correcting.

Week 4
Effective story-telling with photos. The wide, medium and close-up and how they help tell a photographic story. Aperture and Shutter Speed and how they relate to separating subjects and depicting movement.
OUT OF CLASS ASSIGNMENT TO BE ASSIGNED.

Week 5
Editing. What helps to tell the story and live edit of process piece. Students will pair up and edit each other's pictures.

Week 6
Review and critique of out of class assignments.
Wrap up and final thoughts.

Out of class work will be due the night before the following class, and critiqued according to the following standards: Impact, Technical Excellence, Creativity, Style, Composition, Presentation, Lighting, etc.

Resources:

https://camerasim.com/camerasim-free-web-app/
CameraSim is a website that simulates the different variables of manual photography like aperture, shutter speed and ISO.
<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Morning</td>
<td>Self-Defense 7:15 - 8:45 a.m.</td>
<td>Morning 7:15 - 8:45 a.m.</td>
<td>Morning Yoga 7:00 - 8:00 p.m.</td>
<td>Morning Yoga 7:00 - 8:00 p.m.</td>
<td>Morning Yoga 7:15 - 8:15 a.m.</td>
</tr>
<tr>
<td>Afternoon</td>
<td>Morning Private Swim Lessons 7:15 - 8:15 a.m.</td>
<td>Morning Private Swim Lessons 7:15 - 8:15 a.m.</td>
<td>Morning Total Body 5:00 - 6:00 p.m.</td>
<td>Morning Total Body 5:00 - 6:00 p.m.</td>
<td>Morning Afro Movement 6:00 - 7:15 p.m.</td>
</tr>
<tr>
<td>Afternoon</td>
<td>Morning Adult Adv. Beg. Swim 6:15 - 7:00 p.m.</td>
<td>Morning Adult Adv. Beg. Swim 6:15 - 7:00 p.m.</td>
<td>Morning Adult Beg. Swim 5:30 - 6:15 p.m.</td>
<td>Morning Adult Beg. Swim 5:30 - 6:15 p.m.</td>
<td>Morning Adult Beg. Swim 6:15 - 7:00 p.m.</td>
</tr>
<tr>
<td>Afternoon</td>
<td>Morning Total Body Swim with a Pal 5:00 - 6:30 p.m.</td>
<td>Morning Total Body Swim with a Pal 5:00 - 6:30 p.m.</td>
<td>Morning Women's Only Beg. Swim 5:00 - 6:30 p.m.</td>
<td>Morning Women's Only Beg. Swim 5:00 - 6:30 p.m.</td>
<td>Morning Total Body 5:00 - 6:30 p.m.</td>
</tr>
<tr>
<td>Afternoon</td>
<td>Morning Afro Movement 6:00 - 7:15 p.m.</td>
<td>Morning Afro Movement 6:00 - 7:15 p.m.</td>
<td>Morning Total Body Swim with a Pal 5:00 - 6:30 p.m.</td>
<td>Morning Total Body Swim with a Pal 5:00 - 6:30 p.m.</td>
<td>Morning Afro Movement 6:00 - 7:15 p.m.</td>
</tr>
<tr>
<td>Afternoon</td>
<td>Morning Photography 6:00 - 7:30 p.m.</td>
<td>Morning Photography 6:00 - 7:30 p.m.</td>
<td>Morning Total Body Swim with a Pal 5:00 - 6:30 p.m.</td>
<td>Morning Total Body Swim with a Pal 5:00 - 6:30 p.m.</td>
<td>Morning Afro Movement 6:00 - 7:15 p.m.</td>
</tr>
<tr>
<td>Afternoon</td>
<td>Morning Women's Only Beg. Swim 5:30 - 6:15 p.m.</td>
<td>Morning Women's Only Beg. Swim 5:30 - 6:15 p.m.</td>
<td>Morning Total Body Swim with a Pal 5:00 - 6:30 p.m.</td>
<td>Morning Total Body Swim with a Pal 5:00 - 6:30 p.m.</td>
<td>Morning Afro Movement 6:00 - 7:15 p.m.</td>
</tr>
<tr>
<td>Afternoon</td>
<td>Morning Yoga 6:00 - 7:00 p.m.</td>
<td>Morning Yoga 6:00 - 7:00 p.m.</td>
<td>Morning Yoga 7:00 - 8:00 p.m.</td>
<td>Morning Yoga 7:00 - 8:00 p.m.</td>
<td>Morning Afro Movement 6:00 - 7:15 p.m.</td>
</tr>
<tr>
<td>Afternoon</td>
<td>Morning Adult Beg. Swim 6:15 - 7:00 p.m.</td>
<td>Morning Adult Beg. Swim 6:15 - 7:00 p.m.</td>
<td>Morning Adult Beg. Swim 5:30 - 6:15 p.m.</td>
<td>Morning Adult Beg. Swim 5:30 - 6:15 p.m.</td>
<td>Morning Afro Movement 6:00 - 7:15 p.m.</td>
</tr>
<tr>
<td>Afternoon</td>
<td>Morning Adult Adv. Beg. Swim 6:15 - 7:00 p.m.</td>
<td>Morning Adult Adv. Beg. Swim 6:15 - 7:00 p.m.</td>
<td>Morning Yoga 6:00 - 7:00 p.m.</td>
<td>Morning Yoga 6:00 - 7:00 p.m.</td>
<td>Morning Afro Movement 6:00 - 7:15 p.m.</td>
</tr>
<tr>
<td>Afternoon</td>
<td>Morning Afro Movement 6:00 - 7:15 p.m.</td>
<td>Morning Afro Movement 6:00 - 7:15 p.m.</td>
<td>Morning Total Body Swim with a Pal 5:00 - 6:30 p.m.</td>
<td>Morning Total Body Swim with a Pal 5:00 - 6:30 p.m.</td>
<td>Morning Afro Movement 6:00 - 7:15 p.m.</td>
</tr>
<tr>
<td>Afternoon</td>
<td>Morning Afro Movement 6:00 - 7:15 p.m.</td>
<td>Morning Afro Movement 6:00 - 7:15 p.m.</td>
<td>Morning Yoga 7:00 - 8:00 p.m.</td>
<td>Morning Yoga 7:00 - 8:00 p.m.</td>
<td>Morning Afro Movement 6:00 - 7:15 p.m.</td>
</tr>
<tr>
<td>Afternoon</td>
<td>Morning Total Body Swim with a Pal 5:00 - 6:30 p.m.</td>
<td>Morning Total Body Swim with a Pal 5:00 - 6:30 p.m.</td>
<td>Morning Total Body 5:00 - 6:00 p.m.</td>
<td>Morning Total Body 5:00 - 6:00 p.m.</td>
<td>Morning Afro Movement 6:00 - 7:15 p.m.</td>
</tr>
<tr>
<td>Afternoon</td>
<td>Morning Afro Movement 6:00 - 7:15 p.m.</td>
<td>Morning Afro Movement 6:00 - 7:15 p.m.</td>
<td>Morning Total Body Swim with a Pal 5:00 - 6:30 p.m.</td>
<td>Morning Total Body Swim with a Pal 5:00 - 6:30 p.m.</td>
<td>Morning Afro Movement 6:00 - 7:15 p.m.</td>
</tr>
<tr>
<td>Afternoon</td>
<td>Morning Afro Movement 6:00 - 7:15 p.m.</td>
<td>Morning Afro Movement 6:00 - 7:15 p.m.</td>
<td>Morning Yoga 6:00 - 7:00 p.m.</td>
<td>Morning Yoga 6:00 - 7:00 p.m.</td>
<td>Morning Afro Movement 6:00 - 7:15 p.m.</td>
</tr>
<tr>
<td>Afternoon</td>
<td>Morning Total Body Swim with a Pal 5:00 - 6:30 p.m.</td>
<td>Morning Total Body Swim with a Pal 5:00 - 6:30 p.m.</td>
<td>Morning Total Body 5:00 - 6:00 p.m.</td>
<td>Morning Total Body 5:00 - 6:00 p.m.</td>
<td>Morning Afro Movement 6:00 - 7:15 p.m.</td>
</tr>
</tbody>
</table>