



DOWNSTATE
HEALTH SCIENCES UNIVERSITY

The Student Center presents:



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

Sponsored by the Student Center Governing Board

A SMALL BUT MIGHTY OFFERING!

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REGISTRATION: (the fine print!)

Register through Monday, October 8th (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.

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

Payments may be made in cash, check (payable to SAF), Mastercard, Visa or ApplePay

Note: Retain your receipt which is required for 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.

TUESDAY

Vinyasa Flow Yoga with Jenneca

For All Levels. I create yoga classes that evolve from beginner to intermediate levels, matching students' development and abilities. Vinyasa (flow) yoga allows me to incorporate various aspects of yoga into my classes, ensuring they remain engaging and diverse. Sessions include a mix of asanas, pranayama, meditation practices, visualizations, and philosophical readings.



Jenneca Rose Fevos is a first year Occupational Therapy student and a certified Vinyasa Yoga Instructor with five years of experience. She did her training at Costa Maya Yoga in Mexico which has provided her with a solid foundation in yoga.

She has taught yoga to a wide range of age groups and skill levels, from elementary school children to elderly adults. She grew up in rural Alaska and has a BA in History with a minor in political science from the University of Alaska Fairbanks. She studied Spanish in Mexico and is fluent after having lived there for 10 years.

“My multicultural background allows me to connect with a diverse group, fostering an inclusive and supportive learning environment. I am committed to promoting physical and mental well-being through yoga”.

Questions? Contact:

jenneca.fevos@downstate.edu



Please bring your own Yoga mat, if possible.

Day-of-class drop-ins are welcome for \$10 fee. Must be a student or Student Center Member.

TUESDAY

3:30-4:30

8 classes

10/8—11/26

\$40

SQUASH COURT

Min: 10/Max: 15

WEDNESDAY

Intro to Knitting with Sophia

Fall is in the air! Learn how to knit a scarf and a hat!

Are you sick of fast fashion? Would you love to make your mom hand-made gifts again? Join me for a fun-filled knitting class! Over six weeks you will learn the basics of knitting and how to handcraft a beautiful scarf and hat just in time for fall and winter. Students of all levels are welcome.

All materials are included in cost of course!



Sophia Zweig is a fourth-year medical student and artist has been knitting for 16 years and teaching knitting here for three!

She's made everything from scarves and hats to sweaters (for both humans and cats). She loves being able to make her own clothes and take a break from school stress while creating something beautiful and is excited to help you do the same.

Note:

If cost is prohibitive for you,
please email me.

Questions? Contact:

Sophia.zweig@downstate.edu

Wednesdays 10/9-11/13

5:30 - 7:00

6 classes

\$45/

Card Room

Min: 4/Max: 10

\$38 returning students

See next page for samples
and course outline.



Syllabus

Week 1: (WEDNESDAY 10/11)

Introduction to the basics of knitting.

Learning the foundational stitches (knit and purl).

Week 2: Monday 10/16

Practicing the stitches and start working on scarves.

Weeks 3 and 4 Monday 10/23-30

Continue working on scarves.

Week 5 Monday 11/6

Introduction to hat techniques and starting hats.

Week 6 Monday 11/13

Continue working on hats.



FRIDAY

NexLevel Tennis with Aymen and Ryan

As the name implies, take your tennis game to the ‘NexLevel’ and join us to have fun playing a classy sport, decompressing from work or study duties, and being in your best physical shape! If it is your first time picking up a racquet, then in 8 weeks it’ll be as if you’ve played for years!

If you’re an amateur or intermediate player, get ready for your level to skyrocket! And if you call yourself an advanced player, then be ready for some intense training! This course is an 8-week training academy designed to improve your tennis game in all aspects: technique, tactics, physicality, and mentality!



In 8 weeks, we will cover:

- **Technique** ranging from forehand, backhand, volley, slice, serve, and return!
- **Tactics** including learning to be highly consistent and tactically aggressive through pattern plays and high IQ!
- **Physicality** by maximizing footwork, agility, fitness, and court coverage!
- **Mentality** by transforming your confidence, maximizing your court focus, and making you into a resilient player!

There will be no class on 11/29.

See next page for details and bios

Friday	2:00-5:00 see next page	6 weeks: 10/11 –11/15
\$240	Tennis Court	Min: 2/Max: 6

We are offering three levels:

- Tennis 101 (Fridays 2-3 pm) For beginner players or those new to tennis!
- Tennis 102 (Fridays 3-4 pm) For the amateur to intermediate player! (Below 4.0 USTA)
- Tennis 103 (Friday 4-5 pm) For the experienced and advanced player! (4.0 USTA +)

Supplies and Requirements:

- Bring your own racquet. If you don't have one, let us know.
- Wear proper athletic attire.
- Balls and training equipment will be provided.



Aymen: I am a student in the Accelerated Nursing program, and I love tennis! I am the founder of NexLevelTennis, an online and in-person tennis coaching academy focusing on all aspects of the game and specializing in the domain of mentality and confidence. Having amassed over 30,000 followers on social media platforms, I have been able to inspire thousands and personally coach hundreds.

As a player, I have recently graduated from Brooklyn College helping the Bulldogs reach the conference final in over 15 years starting as #2 singles and #2 doubles, whilst receiving awards including the 1st Team Conference All-Star and CUNY-wide Student-Athlete award. I have also coached with CityParks Foundation. My goal is to bring my tennis expertise with my college doubles partner, Coach Ryan, to Downstate and transform your tennis game

Ryan: I am in the Bridges to Medicine program at Downstate and also love tennis! I was born into a tennis family and followed in my grandfather's footsteps in 2020, playing at Brooklyn College at top flight singles and doubles. Coach Aymen and I played first and second doubles and helped lead the Bulldogs to the first conference finals in nearly two decades. During my tenure at Brooklyn College I received the Ed Madden Memorial Award as well as the CUNY-wide student athlete award (along with Coach Aymen).

I have coached extensively with the Brooklyn Tennis Academy for all levels from Beginner Children and Adults, to Advanced Juniors. My goal is to use my tennis experience and background along with Coach Aymen and take your game to the next level! It brings me immense joy and fulfillment to see my students improve their tennis.

Questions? Contact:

Aymen.kuc@downstate.edu or Ryan.Badre.Hume@downstate.edu