# Fitness & Wellness Class Schedule

## Academic Year 2017-2018

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ZUMBA® Fitness</strong></td>
<td><strong>Circuit Training</strong> *</td>
<td><strong>Cardio Kickboxing</strong></td>
<td><strong>Spin-Indoor Cycling</strong></td>
<td><strong>Vinyasa Flow Yoga</strong></td>
</tr>
<tr>
<td>Bea Blakemore</td>
<td>Jameson Skillings</td>
<td>Justine Chabot</td>
<td>Matt O’Donnell</td>
<td>Kate Nicholson</td>
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<tr>
<td>5:15pm-6:00pm</td>
<td>6:30am-7:15am</td>
<td>6:45am-7:30am</td>
<td>6:45am-7:30am</td>
<td>9:30am-10:30am</td>
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<tr>
<td>Room 213</td>
<td>Buck First Floor</td>
<td>Room 213</td>
<td>Room 213</td>
<td>Room 301</td>
</tr>
<tr>
<td><strong>Buti Yoga</strong></td>
<td><strong>Tai Chi</strong></td>
<td><strong>Yoga Flow</strong></td>
<td><strong>Tai Chi</strong></td>
<td><strong>Mat Pilates</strong></td>
</tr>
<tr>
<td>Tanya Grigsby</td>
<td>Ken Ryan</td>
<td>Leslie Joy Simmons</td>
<td>Ken Ryan</td>
<td>Cindy Carraway-Wilson</td>
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<tr>
<td>6:30pm-7:30pm</td>
<td>12:00pm-1:00pm</td>
<td>12:00pm-1:00pm</td>
<td>12:00pm-1:00pm</td>
<td>12:00pm-1:00pm</td>
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<tr>
<td>Room 213</td>
<td>Room 301</td>
<td>Room 301</td>
<td>Room 301</td>
<td>Room 301</td>
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<tr>
<td><strong>Meditation</strong></td>
<td><strong>Meditation</strong></td>
<td><strong>Vinyasa Flow Yoga</strong></td>
<td><strong>ZUMBA® Fitness</strong></td>
<td><strong>Qi Gong</strong></td>
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<tr>
<td>Toby Sifton</td>
<td>Bernie Hershberger</td>
<td>Lucretia Woodruff</td>
<td>Bea Blakemore</td>
<td>Stephanie Holmes &amp; Judy Montgomery</td>
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<tr>
<td>7:15pm-8:15pm</td>
<td>4:30pm-5:15pm</td>
<td>5:15pm-6:00pm</td>
<td>5:15pm-6:00pm</td>
<td>5:00pm-6:00pm</td>
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<tr>
<td>Room 302</td>
<td>Room 302</td>
<td>Room 301</td>
<td>Room 213</td>
<td>Room 301</td>
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<tr>
<td><strong>Spin-Indoor Cycling</strong></td>
<td></td>
<td><strong>Spin-Indoor Cycling</strong></td>
<td><strong>Barre Workout</strong></td>
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<tr>
<td>Matt O’Donnell</td>
<td>Jameson Skillings</td>
<td>Jameson Skillings</td>
<td>Lindsey Larsen-Myer</td>
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<td>6:15pm-7:00pm</td>
<td>5:00pm-5:45pm</td>
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<td>Room 213</td>
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<td>Room 213</td>
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<tr>
<td><strong>Yin Yoga</strong></td>
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<tr>
<td>Lucretia Woodruff</td>
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<td>6:00pm-7:00pm</td>
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Neil Willey will offer an overview/orientation of the fitness equipment in the Buck Fitness Center from 11:30am-12:30pm (February 6, March 6, April 3, May 1). Please register in advance nwilley@bowdoin.edu.

**Spring Semester:** Classes begin January 29, 2018 and end May 4, 2018. No classes during Spring break (March 12-23).

*Circuit Training limited to 15 class participants.*