

Fitness & Wellness Class Schedule for Academic Year 2016-2017

Monday	Tuesday	Wednesday	Thursday	Friday
Vinyasa Flow Yoga Lucretia Woodruff 4:30pm-6:00pm Room 301	Spin-Indoor Cycling Jameson Skillings 6:45am-7:30am Room 213	Yoga Flow Leslie Joy Simmons 12:00pm-1:00pm Room 301	Spin-Indoor Cycling Matt O'Donnell 6:45am-7:30am Room 213	Spin-Indoor Cycling Jameson Skillings 6:45am-7:30am Room 213
ZUMBA Fitness Bea Blakemore 5:15pm-6:00pm Room 213	Tai Chi Ken Ryan 12:00pm-1:00pm Room 301	Vinyasa Flow Yoga Lucretia Woodruff 4:30pm-6:00pm Room 301	Tai Chi Ken Ryan 12:00pm-1:00pm Room 301	Mat Pilates Cindy Carraway-Wilson 12:00pm-12:45pm Room 301
Yin Yoga Lucretia Woodruff 6:00pm-7:00pm Room 301	Strong Women ** Ida Messerman 12:00pm-12:45pm Buck Basement	ZUMBA Fitness Bea Blakemore 5:15pm-6:00pm Room 213	Spin-Indoor Cycling Ida Messerman 6:15pm-7:00pm Room 213	Qi Gong Stephanie Holmes & Judy Montgomery 5:00pm-6:00pm Room 301
Meditation Toby Sifton 7:15pm-8:15pm Room 302	Spin-Indoor Cycling Linda Gardner 6:15pm-7:00pm Room 213 Meditation Bernie Hershberger 7:00pm-8:00pm Room 301	Yin Yoga Lucretia Woodruff 6:00pm-7:00pm Room 301	 All Classes FREE!	

Neil Willey will offer an overview/orientation of the fitness equipment in the Buck Fitness Center from 11:30am-12:30pm (September 6, October 4, November 1 and December 6). Please register in advance nwilley@bowdoin.edu.

***Fall Semester:** Classes begin September 12, 2016 and end December 9, 2016. No classes during Fall break (Oct 10 & 11) or Thanksgiving break (Nov 23, 24 & 25) .

***Spring Semester:** Classes begin January 30, 2017 and end May 5, 2017. No classes during Spring break (March 11-26).

****Strong Women limited to 15 class participants.**