

Fitness & Wellness Class Schedule

Academic Year 2017-2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ZUMBA® Fitness Bea Blakemore 5:15pm-6:00pm Room 213	Circuit Training * Jameson Skillings 6:30am-7:15am Buck First Floor	Cardio Kickboxing Justine Chabot 6:45am-7:30am Room 213	Spin-Indoor Cycling Matt O'Donnell 6:45am-7:30am Room 213	Vinyasa Flow Yoga Kate Nicholson 9:30am-10:30am Room 301
Buti Yoga Tanya Grigsby 7:00pm-8:00pm Room 213	Tai Chi Ken Ryan 12:00pm-1:00pm Room 301	Yoga Flow Leslie Joy Simmons 12:00pm-1:00pm Room 301	Tai Chi Ken Ryan 12:00pm-1:00pm Room 301	Mat Pilates Cindy Carraway-Wilson 12:00pm-12:45pm Room 301
Meditation Toby Sifton 7:15pm-8:15pm Room 302	Meditation Bernie Hershberger 4:30pm-5:15pm Room 302	Vinyasa Flow Yoga Lucretia Woodruff 4:30pm-6:00pm Room 301	ZUMBA® Fitness Bea Blakemore 5:15pm-6:00pm Room 213	Qi Gong Stephanie Holmes & Judy Montgomery 5:00pm-6:00pm Room 301
	Spin-Indoor Cycling Matt O'Donnell 6:15pm-7:00pm Room 213	Spin-Indoor Cycling Jameson Skillings 5:00pm-5:45pm Room 213	Barre Workout Lindsey Larsen-Myer 6:15pm-7:00pm Room 213	
		Yin Yoga Lucretia Woodruff 6:00pm-7:00pm Room 301		

Neil Willey will offer an overview/orientation of the fitness equipment in the Buck Fitness Center from 11:30am-12:30pm (September 5, October 3, November 7, December 5) Please register in advance nwilley@bowdoin.edu.

Fall Semester: Classes begin September 11, 2017 and end December 8, 2017. No classes during Fall break (October 9 & 10) or Thanksgiving break (November 22, 23, 24).

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.