



Fall 2025

Fitness + Wellness at Bowdoin

MONDAY

Morning Flow Yoga Birgitta Peterson 6:45a - 7:30a Buck 301	Barre Mae Corwin 12:30p - 1:15p Buck 301	Mindfulness Meditation Kate Nicholson 4:20p - 4:50p Buck 301
ZUMBA Fitness Bea Blakemore 5:00p - 5:45p Buck 213	Yoga: Peace and Release Kate Nicholson 5:00p - 6:00p Buck 301	Pop Pilates Daneem Kim 6:15p - 7:00p Buck 301

WEDNESDAY

Kickboxing Felipe Gunter 5:00p - 5:45p Buck 213	Power Yoga Connor Chess 7:00p - 7:45p Buck 301
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THURSDAY

Morning Flow Yoga Birgitta Peterson 6:45a - 7:30a Buck 301	Weight Lifting Paula Habel 12:00p - 12:45p Buck Basement	Barre Fusion Lindsey Larsen-Myer 5:15p - 6:00p Buck 301	Spin Lindsey Larsen-Myer 6:15p - 7:00p Buck 213
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FRIDAY

Spin Ashley Stambolis 6:45a - 7:30a Buck 213	Vinyasa Flow Yoga Mae Corwin 9:30a - 10:15a Buck 301	Mainly Mat Bernadette Esposito 11:00a - 11:45a Buck 301	Slow Yoga Bernadette Esposito 12:00p - 12:45p Buck 301
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TUESDAY

Vinyasa Yoga Jessica Richardson 8:00a - 8:45a Buck 301	Slow Flow Yoga Jessica Richardson 12:00p - 12:45p Buck 301	Weightlifting Paula Habel 12:00p - 12:45p Buck Basement
Modern Pilates Jasmine Decrem '28 5:00p - 5:45p Buck 301	HIIT Daneem Kim 6:00p - 6:45p Buck 213	

SUNDAY

Spin Larah Gutierrez - Camano '26 5:00p - 5:45p Buck 213

Classes begin Monday, September 8 and end on Friday, December 12.
There are no classes during Fall Break (October 11-14) or during Thanksgiving Break.

Sponsored by:
Human Resources
Student Activities
Student Wellness