## Fall ‘23
### Fitness + Wellness at Bowdoin

### MONDAY
- **Morning Flow Yoga**
  - Birgitta Peterson
  - 6:45am - 7:30am
  - Buck 301
- **Barre**
  - Mae Corwin
  - 12:30pm - 1:15pm
  - Buck 301
- **Mindfulness Meditation**
  - Kate Nicholson
  - 4:15pm - 4:45pm
  - Buck 301

### ZUMBA Fitness
- **Bea Blakemore**
  - 5:00pm - 5:45pm
  - Buck 213

### TUESDAY
- **Vinyasa Flow Yoga**
  - Terry Cockburn
  - 12:00pm - 12:45pm
  - Buck 301
- **Spin**
  - Sajel Surati ’25
  - 5:15pm - 6:00pm
  - Buck 213

### WEDNESDAY
- **HIIT**
  - Daneem Kim
  - 12:00pm - 12:45pm
  - Buck 213
- **Midweek Restore**
  - Birgitta Peterson
  - 12:30pm - 1:15pm
  - Buck 301
- **Bad Beats: Global Dance Cardio**
  - Liliana Lines ’24
  - 5:00pm - 5:45pm
  - Buck 213

### THURSDAY
- **Weight Lifting**
  - Paula Habel
  - 11:45am - 12:30pm
  - Buck Basement
- **Qi Gong**
  - Terry Cockburn
  - 12:00pm - 12:45pm
  - Buck 301
- **Barre Fusion**
  - Lindsey Larsen Myer
  - 5:15pm - 6:00pm
  - Buck 301

### FRIDAY
- **Vinyasa Flow Yoga**
  - Mae Corwin
  - 9:30am - 10:15am
  - Buck 301
- **Mainly Mat**
  - Bernadette Esposito
  - 11:00am - 11:45am
  - Buck 301
- **Slow Yoga**
  - Bernadette Esposito
  - 12:00pm - 12:45pm
  - Buck 301

### SUNDAY
- **Vinyasa Yoga**
  - Kyla Gary ’25
  - 8:00am - 8:45am
  - Buck 301

Classes begin September 11th and end on December 15th. There are no classes during Fall Break (Oct 7-10) or Thanksgiving Break (Nov 22-26).