

Spring '24

# 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*  
4:15p - 4:45p  
Buck 301

### ZUMBA Fitness

*Bea Blakemore*  
5:00p - 5:45p  
Buck 213

### Yoga: Peace and Release

*Kate Nicholson*  
5:00p - 6:00p  
Buck 301

## TUESDAY

### Weightlifting

*Paula Habel*  
12:00p - 12:45p  
Buck Basement

### Vinyasa Flow Yoga

*Terry Cockburn*  
12:00p - 12:45p  
Buck 301

### Spin

*Sajel Surati '25*  
5:00p - 5:45p  
Buck 213

### Pop Pilates

*Daneem Kim*  
5:30p - 6:15p  
Buck 301

### Power Yoga

*Connor Chess*  
6:30p - 7:15p  
Buck 301

## WEDNESDAY

### HIIT

*Daneem Kim*  
12:00p - 12:45p  
Buck 213

### AfroBeats

**Zumba**  
*Liliana Lines '24*  
*Catherine Uwakwe '26*  
7:30-8:15pm | Buck 213

## THURSDAY

### Weight Lifting

*Paula Habel*  
12:00p - 12:45p  
Buck Basement

### Qi Gong

*Terry Cockburn*  
12:00p - 12:45p  
Buck 301

### Barre Fusion

*Lindsey Larsen*  
*Myer*  
5:15p - 6:00p  
Buck 301

### Spin

*Lindsey*  
*Larsen Myer*  
6:15p - 7:00p  
Buck 213

### Deep Restore Yoga

*Jessica Richardson*  
6:30p - 7:15p  
Buck 301

## FRIDAY

### Vinyasa Flow Yoga

*Mae Corwin*  
9:00a - 9:45a  
Buck 301

### Mainly Mat: Strength & Core

*Bernadette Esposito*  
11:00a - 11:45a  
Buck 301

### Slow Yoga

*Bernadette Esposito*  
12:00p - 12:45p  
Buck 301

## SUNDAY

### Spin Cycle

*Sajel Surati '25*  
5:00p - 5:45p  
Buck 213

Classes begin Monday, January 29th and end on Friday, May 10th.  
There are no classes during Spring Break (March 9-24).

Sponsored by:  
Human Resources  
Student Activities  
Student Wellness