## Spring ’24

### Fitness + Wellness at Bowdoin

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

### Wednesday
- **HIIT**  
  Daneem Kim  
  12:00p - 12:45p  
  Buck 213
- **AfroBeats Zumba**  
  Liliana Lines ’24  
  Catherine Uwakwe ’26  
  7:30p - 8:15p  
  Buck 213
- **Vinyasa Yoga**  
  Marie Caspard ’20  
  7:00p - 7:45p  
  Buck 301

### 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  
  12:00p - 12:45p  
  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