### Monday
- **Meditation**
  - Eduardo Pazos Palma & Kate Nicholson
  - 9:30am-10:00am
  - 30 College St
  - *faculty & staff only*
- **Yoga for Tension Release**
  - Mae Corwin
  - 9:30am-10:30am
  - Buck 301
- **Arabesque**
  - Isabel Petropoulos ‘23
  - Molly Henderson ‘23
  - 6:15pm-7:15pm
  - Sargent Dance Studio
  - *students only*
- **Tabata**
  - Shelby Salas
  - 11:30am-12:15pm
  - Buck Basement
- **Spin-Indoor Cycling**
  - Matt O’Donnell
  - 6:15pm-7:00pm
  - Buck 213
  - *students only*
- **Deep Release Yin Yoga**
  - Birgitta Peterson
  - 11:30am-12:30pm
  - Buck 301
- **Mindfulness for Everyone**
  - Paul Russo ’23 & Ben Brown ’23
  - 8:30pm-9:30pm
  - 24 College St
  - *students only*

### Tuesday
- **Radical Self-Love**
  - Shelley Roseboro
  - 4:00pm-5:00pm
  - 24 College St
- **Yoga for Athletic Recovery**
  - Gretchen Henderson
  - 9:30am-10:30am
  - Buck 301
- **Acceptance Meditation**
  - Eduardo Pazos Palma & Kate Nicholson
  - 10:00am-10:30am
  - 30 College St
  - *students only*
- **Tabata**
  - Shelby Salas
  - 12:00pm-12:45pm
  - Buck Basement
- **Spin-Indoor Cycling**
  - Jeanna Dugal
  - 5:00pm-6:00pm
  - Buck 213
- **Zumba**
  - Nothando Khumalo ’23
  - 8:00pm-9:00pm
  - Buck 213

### Wednesday
- **Barre Fusion**
  - Lindsey Larsen Myer
  - 5:15pm-6:15pm
  - Buck 301
- **Spin-Indoor Cycling**
  - Shannon Gilmore
  - 6:45am-7:30am
  - Buck 213
- **ZUMBA Fitness**
  - Bea Blakemore
  - 5:00pm-5:45pm
  - Buck 213
- **Meditation Basics**
  - Benjamin Felser ’22 & Aadhya Ramineni ’22
  - 9:00pm-10:00pm
  - Buck 308
  - *students only*

### Thursday
- **Spin-Indoor Cycling**
  - Jackie Seddon ’23
  - 10:30am-11:30am
  - Buck 213
- **Acceptance Meditation**
  - Eduardo Pazos Palma & Kate Nicholson
  - 10:00am-10:30am
  - 30 College St
  - *students only*
- **Deep Release Yin Yoga**
  - Birgitta Peterson
  - 11:30am-12:30pm
  - Buck 301

### Friday
- **Spin-Indoor Cycling**
  - Shannon Gilmore
  - 6:45am-7:30am
  - Buck 213
- **Spin-Indoor Cycling**
  - Jackie Seddon ’23
  - 10:30am-11:30am
  - Buck 213

### Saturday
- **Spin-Indoor Cycling**
  - Jackie Seddon ’23
  - 10:30am-11:30am
  - Buck 213

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**Fitness & Wellness Class Schedule - Fall 2021**

_Neil Willey, Head Coach, Strength & Conditioning will offer an overview/orientation of the fitness equipment in the Buck Fitness Center from 11:30am-12:30pm (September 7, October 5, November 2 and December 7). Please register in advance nwilley@bowdoin.edu._

*Fall Semester: Classes begin September 20, 2021 and end December 17, 2021. No classes during Fall break (October 11 & 12) or Thanksgiving break (November 24-26).*

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**SUNDAY**

- **Beginner Strength Training**
  - Patrick Bloniasz ’22
  - 3:00pm-4:00pm
  - Buck Basement