

Fall 2026

Fitness + Wellness at Bowdoin

Monday

Morning Flow Yoga with Gitta 6:45 – 7:30a Buck 301	Barre with Mae 12:30 – 1:15p Buck 301	Mindfulness Meditation with Kate 4:30 – 5:00p Buck 302	Peace & Release Yoga with Kate 5:00 – 6:00p Buck 301	Body Language Dance Cardio with Liz 5:00 – 5:45p Buck 213
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Tuesday

Slow Flow Yoga with Justine 8:00 – 8:45a Buck 301	Weightlifting with Paula 12:00 – 12:45p Buck Basement	Mindfulness Meditation with Kate 4:30 – 5:00p Buck 302	Modern Pilates with Jaz '28 5:00 – 5:45p Buck 301	Core Flow with Daneem 6:00 – 6:45p Buck 301
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Wednesday

Cardio Strength with Daneem 12:00 – 12:45p Buck 213	Kickboxing with Felipe 5:00 – 5:45p Buck 213	Mindfulness Meditation with Shelley 4:30 – 5:00p Buck 302	Power Yoga with Connor 7:00 – 7:45p Buck 301
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Thursday

Morning Flow Yoga with Gitta 6:45 – 7:30a Buck 301	Functional Fitness with Paula 12:00 – 12:45p Buck Basement	Meditation Quiet Sit 4:30 – 5:00p Buck 302	Barre Fusion with Lindsey 5:15 – 6:00p Buck 301	Spin Cycle with Lindsey 6:15 – 7:00p Buck 213
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Friday

Spin Cycle with Ashley 6:45 – 7:30a Buck 213	Mainly Mat with Bernadette 11:00 – 11:45a Buck 301	Slow Flow Yoga with Bernadette 12:00 – 12:45p Buck 301	Meditation Quiet Sit 4:30 – 5:00p Buck 302
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Classes begin Monday, September 14 and end on Friday, December 11.
There are no classes during Fall Break (October 12-13) or Thanksgiving Week (November 23-27).

Sponsored by:
Human Resources
Student Activities
Student Wellness