

SPRING 2025

Fitness + Wellness at Bowdoin

MONDAY

Barre Mae Corwin 12:30p - 1:15p Buck 301	Mindfulness Meditation Kate Nicholson 4:15p - 4:45p Buck 301	Yoga: Peace and Release Kate Nicholson 5:00p - 6:00p Buck 301
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TUESDAY

Power Flow Jessica Richardson 8:00a - 8:45a Buck 301	Power Flow Jessica Richardson 12:00p - 12:45p Buck 301	Weightlifting Paula Habel 12:00p - 12:45p Buck Basement
Modern Pilates Jasmine Decrem '28 5:15p - 6:00p Buck 301		

WEDNESDAY

Kickboxing Felipe Gunter 5:00p - 5:45p Buck 213	Spin Sajel Surati '25 6:00p - 6:45p Buck 213	Power Yoga Connor Chess 7:00p - 7:45p Buck 301
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THURSDAY

Morning Flow Yoga Birgitta Peterson 6:45a - 7:30a Buck 301	Weightlifting Paula Habel 12:00p - 12:45p Buck Basement	Barre Fusion Lindsey Larsen Myer 5:15p - 6:00p Buck 301	Spin Lindsey Larsen Myer 6:15p - 7:00p Buck 213
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FRIDAY

Vinyasa Flow Yoga Mae Corwin 9:30a - 10:15a Buck 301	Mainly Mat Bernadette Esposito 11:00a - 11:45a Buck 301	Slow Yoga Bernadette Esposito 12:00p - 12:45p Buck 301
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SUNDAY

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

Classes begin Monday, January 27 and end on Friday, May 9.
There are no classes during Spring Break (March 8-23).

Sponsored by:
Human Resources
Student Activities
Student Wellness