

Spring 2026

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 4:30p - 5:00p Buck 302
Body Language Dance Cardio Liz Kovarsky 5:00p - 5:45p Buck 213	Peace & Release Yoga Kate Nicholson 5:00p - 5:45p Buck 301	Pop Pilates Daneem Kim 6:15p - 7:00p Buck 301

TUESDAY

Vinyasa Yoga Jessica Richardson 8:00a - 8:45a Buck 301	Gentle Yoga Jessica Richardson 12:00p - 12:45p Buck 301	Weightlifting Paula Habel 12:00p - 12:45p Buck Basement
Mindfulness Meditation Shelley Roseboro 4:30p - 5:00p Buck 302	Modern Pilates Jaz Decrem '28 5:00p - 5:45p Buck 301	Strength & Conditioning Circuit Daneem Kim 6:00p - 6:45p Buck 213

WEDNESDAY

Qi Gong for Health Lauren Tirrell 12:00p - 12:45p Buck 301	Kickboxing Fitness Felipe Gunter 5:00p - 5:45p Buck 213	Mindfulness Meditation Kate Nicholson 4:30p - 5:00p Buck 302	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	Open Quiet Sit 4:30p - 5:00p Buck 302	Barre Fusion Lindsey Larsen-Myer 5:15p - 6:00p Buck 301	Spin Cycle Lindsey Larsen-Myer 6:15p - 7:00p Buck 213
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FRIDAY

Spin Cycle Ashley Stambolis 6:45a - 7:30a Buck 213	Mainly Mat Bernadette Esposito 11:00a - 11:45a Buck 301	Slow Yoga Flow Bernadette Esposito 12:00p - 12:45p Buck 301	Barre Basics Nicole Craighead '26 2:00p - 2:45p Buck 301	Open Quiet Sit 4:30p - 5:00p Buck 302
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Classes begin Monday, January 29th and end on Friday, May 10th.
There are no classes during Spring Break (March 9-24).

SUNDAY

Spin Cycle Larah Gutierrez - Camano '26 5:00p - 5:45p Buck 213	Sponsored by: Human Resources Student Activities Student Wellness
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Classes begin Monday, January 26 and end on Friday, May 8.
There are no classes during Spring Break (March 8-22).
Weather cancellations will be posted on the CampusGroups Feed.

Sponsored by:
Human Resources
Student Activities
Student Wellness