

Summer Wellness Program

TUESDAYS & THURSDAYS
YOGA WITH GITTA PETERSON
RYAN TURF FIELD
(RAIN LOCATION, BUCK 301)

June 23 – August 13, 2026
7:00am – 7:45am



Open to all students, faculty, staff & their dependents. Questions? ksteinma@bowdoin.edu

WEDNESDAYS WEIGHT LIFTING
WITH PAULA HABEL
BUCK BASEMENT

