

WHITTIER FIELD

OPEN TO ALL STUDENTS, FACULTY,
STAFF & THEIR DEPENDENTS



WELLNESS PROGRAM

SUMMER

Tuesdays: Yoga with Jessica Richardson

Thursdays: Circuit Training with Paula Habel/Doug Welling

JUNE 24 - JULY 31, 2025

7:00AM - 7:45AM

IN THE EVENT OF RAIN, YOGA WILL BE IN BUCK 301 & CIRCUIT TRAINING WILL BE IN THE BUCK BASEMENT.
PLEASE BRING YOUR OWN YOGA MAT. QUESTIONS? [KSTEINMA@BOWDOIN.EDU](mailto:ksteinma@bowdoin.edu)