

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

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

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

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

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