

# INTERNATIONAL WOMEN'S DAY: Fitness for All Women



Celebrate International Women's Day with a special lineup of fitness classes designed to empower, energize, and bring our community together!

**MARCH 7 | 9 AM-12 PM**

**LOCATION:** Student Recreation Center

**It's Free!** Wear purple, bring a friend, and let's move together for  
**International Women's Day!**

## Event Schedule

**9-9:45 AM**

**Pilates**

Strong Core, Strong Women

Instructor : Rosa

**Power Ride**

Instructor : Paula

**10-10:45 AM**

**Hip-Hop**

Power & Confidence Dance

Instructor : Domanique

**Reggaeton Spin**

Instructor : Anaysa

**11-11:45 AM**

**Pilates Sculpt / Core Express**

Instructor : Rosa

**Hip-Hop**

High - Energy Dance

Instructor : Domanique

**11:45 AM-12 PM**

**Giveaways & Group Photo**

Raffle : Win a Free Pilates class  
next semester

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