

# Women Only Fitness Hours

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**Location: Newnham Campus Dance Studio (G2603)**

**Wed. Jan. 17 - Feb 21**

11:30am-12:30pm, Fitness Class

12:30pm-1:30pm, Drop-In

**Thu. Jan 18. - Feb. 22**

3-4pm, Drop-In

4-5pm, Fitness Class

## **Description:**

Athletics & Recreation is implementing Women Only Fitness Hours in the Dance Studio to encourage participation, reduce barriers to being active, and foster inclusivity.

One hour is dedicated to a muscle conditioning and cardio based fitness class with one of our female group fitness instructors. The other hour is drop-in for women to work out on their own. Dumbbells, kettlebells, resistance mini-bands, skipping ropes and mats will be available for use.

The window curtains will be drawn for privacy and access to the space will be granted to all self-identified women. Our female staff will be there to create a comfortable, welcoming environment throughout the fitness time.

tags : wofh