

# International Women's Day

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Athletics & Recreation is proud to celebrate International Women's Day with a week dedicated to strength, confidence, and community through movement. Join us for women-only classes, drop-in sporting activities, and an extra-special event at King Campus on March 5 that will get you active and feeling empowered.

## ☒ King Campus

**Wednesday, March 4, 2026**

- [Yoga – Women's Only \(12:15 PM – 1:15 PM, Studio 1\)](#)

**Thursday, March 5, 2026**

- [IWD Event "Give to Gain" \(1:30 PM – 4:30 PM\)](#)  
Join us for Purple Mitten crafts, climbing wall team trivia, snowshoeing with trail mix, and a mindfulness-for-empowerment wrap-up. Transportation is provided.

[Register here](#)

## ☒ Newnham Campus

**Monday, March 2, 2026**

- [Women's Crew \(6:00 PM – 7:30 PM\)](#)

**Wednesday, March 4, 2026**

- [Power & Punch – Women's Only \(6:15 PM – 7:15 PM\)](#)

**Thursday, March 5, 2026**

- [Muscle Conditioning – Women's Only \(3:30 PM – 4:20 PM\)](#)

## Friday, March 6, 2026

- [Intro to Fitness – Women’s Only \(2:30 PM – 3:30 PM\)](#)

[Register here](#)

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## ☒ Seneca @ York Campus

### Monday, March 2, 2026

- [Women’s Basketball Drop-In \(3:00 PM – 6:00 PM\)](#)
- [Women’s Soccer Drop-In \(3:00 PM – 6:00 PM\)](#)
- [Small Group Training – Women’s Only \(4:00 PM – 5:00 PM\)](#)

### Wednesday, March 4, 2026

- [Women’s Active \(2:00 PM – 3:00 PM\)](#)
- [Women’s Volleyball Skills Clinic \(3:00 PM – 4:00 PM\)](#)

### Thursday, March 5, 2026

- [Women's Kettlebell Workshop – Women’s Only \(3:30 PM – 4:30 PM\)](#)

### Friday, March 6, 2026

- [Women’s Badminton Drop-In \(9:00 AM – 11:00 PM\)](#)