

Strength Training for Women

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Dates: Monday, September 13, 20, 27 and October 4

Staff Lead: Kim Beno

Time: 12:00 - 12:45 PM

Registration: Click [here](#)

We will be running a four-week fitness program strictly for women. Strength Training for Women will have a different focus each week and will include both an introduction and/or refresher on strength training exercises and techniques.

September 13 - Body Weight Training ([Join](#))

September 20 - Weights ([Join](#))

September 27 - Single Focus and Multi Planar Exercises ([Join](#))

October 4 - Core Strength ([Join](#))

tags : active, fitness, recreation, strength, training, wellness, women