Trans* Affirming Fitness Group - FAQs

Q: What is the Trans* Affirming Fitness Group?

A: The Trans* Affirming Fitness Group is a space for trans*, genderqueer, and all body-positive people to come together and exercise in an environment that honors and supports individual identity. This group will be held once per week in Campus Rec’s large multipurpose room. The blinds will be drawn to ensure privacy and a Personal Trainer will be on staff to provide guidance, answer questions, and ensure safety. This is NOT a Group X class; the trainer on staff will NOT be providing structured workouts. Instead, all equipment in the room will be available for individual use by those who attend. The intent is to provide a “safe space” for this group to work towards attaining their own personal fitness goals with the supervision of a qualified trainer who can help them reach these goals.

Q: When/where is the group taking place?

A: Every Wednesday of Winter Term, 2:15-3:15pm, in ASRC 440/441.

Q: Who can participate?

A: Trans*, genderqueer, and all body-positive people who want to come together and exercise in an environment that honors and supports individual identity. Body positive people should value, appreciate, and celebrate all body types, without positioning one type of body as better, more beautiful, or more correct than other types of bodies.

Q: Why do we have this group?

A: Campus Rec strives to try and make the Rec Center an inviting and inclusive space for everyone. We were asked about offering this private space and time by multiple individuals and felt that there was a desire for this space and we were able to accommodate the request.

Q: What if I still have questions?

A: Contact Jen Armbruster at 503-725-2927 or jarm2@pdx.edu