Women on Weights (WOW) – FAQs

Q: What is Women on Weights?

A: Women on Weights is designed to encourage more women to use the Weight Room. During this time a certified Personal Trainer will be on staff to provide guidance on basic workout principles, using different types of equipment, and strengthening different muscle groups. Participants can choose to participate in all of the trainer-lead “lessons” or not. The ultimate goal is to create a strong female presence in the weight room during this time to help decrease the intimidation factor through strength in numbers.

Q: Who can participate?

A: Women on Weights is open to anyone (men are not excluded from using the weight room during this time). However, the focus is on increasing female presence in the weight room so women are highly encouraged to schedule this time for their strength training sessions if possible. Bring your friends!

Q: When is Women on Weights?

A: Every Monday and Wednesday of Winter Term, from 9am-10am in the weight room.

Q: Why does Campus Rec offer this program?

A: Campus Rec has received many requests for Women’s-Only programming, for a variety of reasons including religious/cultural beliefs, intimidation, and body image concerns. The weight room is typically a male-dominated segment of the Rec Center where women have a particularly challenging time feeling comfortable and confident in participating. Given Campus Rec’s emphasis on being inclusive, Women on Weights was designed to help women feel more comfortable in the weight room, while still not excluding men or any population from utilizing the space.

Q: What if I still have questions?

A: Please contact Erin Bransford, Coordinator of Fitness & Health Promotion at orndorf@pdx.edu