

# Weight Training For Women

Published 9/28/2021 by [Gerald Encabo](#)

**Dates: Monday, January 18 - Monday, February 8**

**Staff Lead: Kim Beno**

**Time: Weekly at 11:00 AM - 11:45 AM via ZOOM**

**Registration: Click [here](#)**

PAR-Q Form:

[Disclaimer](#)

Interested in doing some weight training at home, but aren't sure how to get started or what to do?

This beginner's program is designed to teach you the proper technique and all the exercises you need to complete a full body workout from the comfort of your own home (or the gym when able).

Each week we will explore a different muscle grouping, learn the finer techniques, and test out our strength and endurance with multiple repetitions and different exercises.

**\*\*This is an instructional workshop\*\***

January 18 - Lower Body (hamstrings, quads, glutes, calves) ([join](#))

January 25 - Chest and Back ([join](#))

February 1 - Arms and Shoulders ([join](#))

February 8 - Core ([join](#))

tags : fitness