



WOMEN'S FITNESS CLASSES

ABOUT THE PRESENTER

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WEBINAR AGENDA

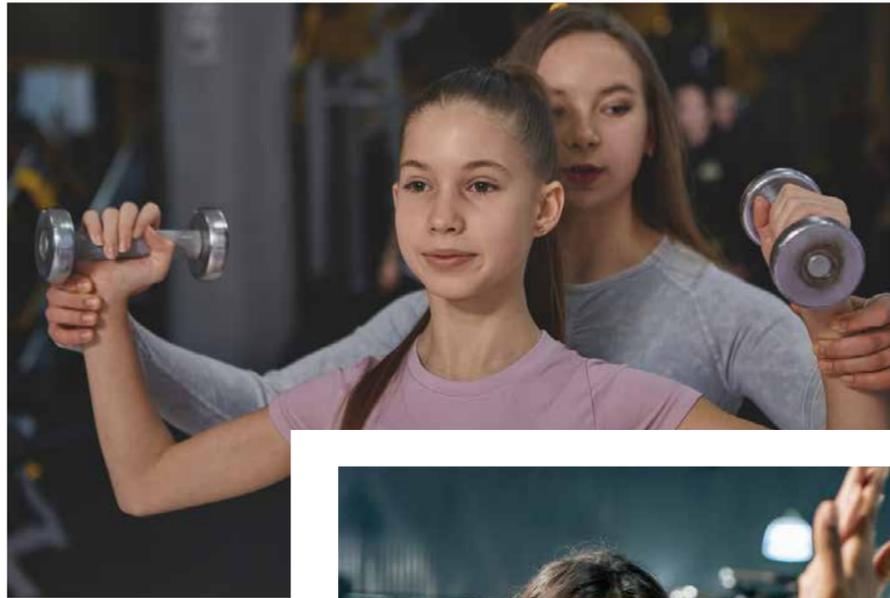
- **Why Women Fitness Class**
- **Goals of Class**
- **Units & Example Lesson Plans**
- **A Look Inside The Classroom**
- **Building Confidence
For Future Classes**



WHERE ARE THE GIRLS AT?

- Elective PE - Students must complete ½ year of health and ½ year of PE
- Elective classes include options like lifetime sports & fitness and strength and conditioning
- Class rosters were predominantly male students. Female students weren't signing up





THE GOAL OF WOMEN'S FITNESS

- Create a safe environment
- Promote overall health
- Encourage health and fitness for life
- Help students find options they enjoy
- Boost self confidence
- Create respect for women
- Redefine the definition of “healthy”

OVERVIEW

**WOMEN FOCUSED
WELLNESS CLASS**

WHAT

HOW

WHY

**BY ALLOWING FOR
SAFE ENVIRONMENT
WITH ONLY FEMALES**

**TO PROMOTE OVERALL
HEALTH AND WELLNESS
WHILE CREATING CONFIDENCE
AND RESPECT FOR WOMEN**



SEMESTER

01 YOGA

02 PILATES

03 HIIT

04 DANCE

05 CROSSFIT

06 WEIGHT
TRAINING

NUTRITION AND HEALTH CONCEPTS INTEGRATED THROUGHOUT THE SEMESTER.

LESSON 6: STANDING

Welcome back to another lesson of PLT4M Yoga! We are making a lot of progress and starting to get comfortable with longer, full 30 minute flows! Today we will go back to a standing series and learn some awesome new variations. Before we dive in, let's quickly chat about our new poses!

Our three new poses today are:

- 1) Knee To Opposite Elbow
- 2) Double Crescent,
- 3) High Crescent.

Knee to Opposite Elbow: From three legged down dog, hinge forward to high plank and draw knee in towards chest (think knee to nose) and then cross knee over to opposite elbow.

Double Crescent: From crescent lunge, bring hands to chest, and bend back knee to hover over your mat. Find a 90 degree bend in both knees. Keep core engaged to keep chest lifted. Press into palms to engage the muscles in your arms.

High Crescent: From crescent lunge, bring palms together over head, and straighten through both legs. Squeeze hips together to square them to the top of your mat.





BACK SQUAT: INTRO

The loaded back squat is relatively simple in its execution, so long as you master the set up and always keep all 4 points of squat performance in mind during every rep.

To set up appropriately, the athlete should set the bar to roughly chest height (to allow for a little dip when getting under the bar), and grasp the bar with a double overhand grip just outside of the shoulders (or wider depending on shoulder mobility). The athlete steps into the rack and under the bar, positioning it on top of the actively engaged traps which create a sort of shelf on which to rest the load.

The athlete stands to full extension in order to lift the bar out of the hooks. Once standing tall, he or she steps back away from the rack. Taking the time to get comfortable (don't rush!), the athlete sets up in proper squat width stance and begins the prescribed reps.

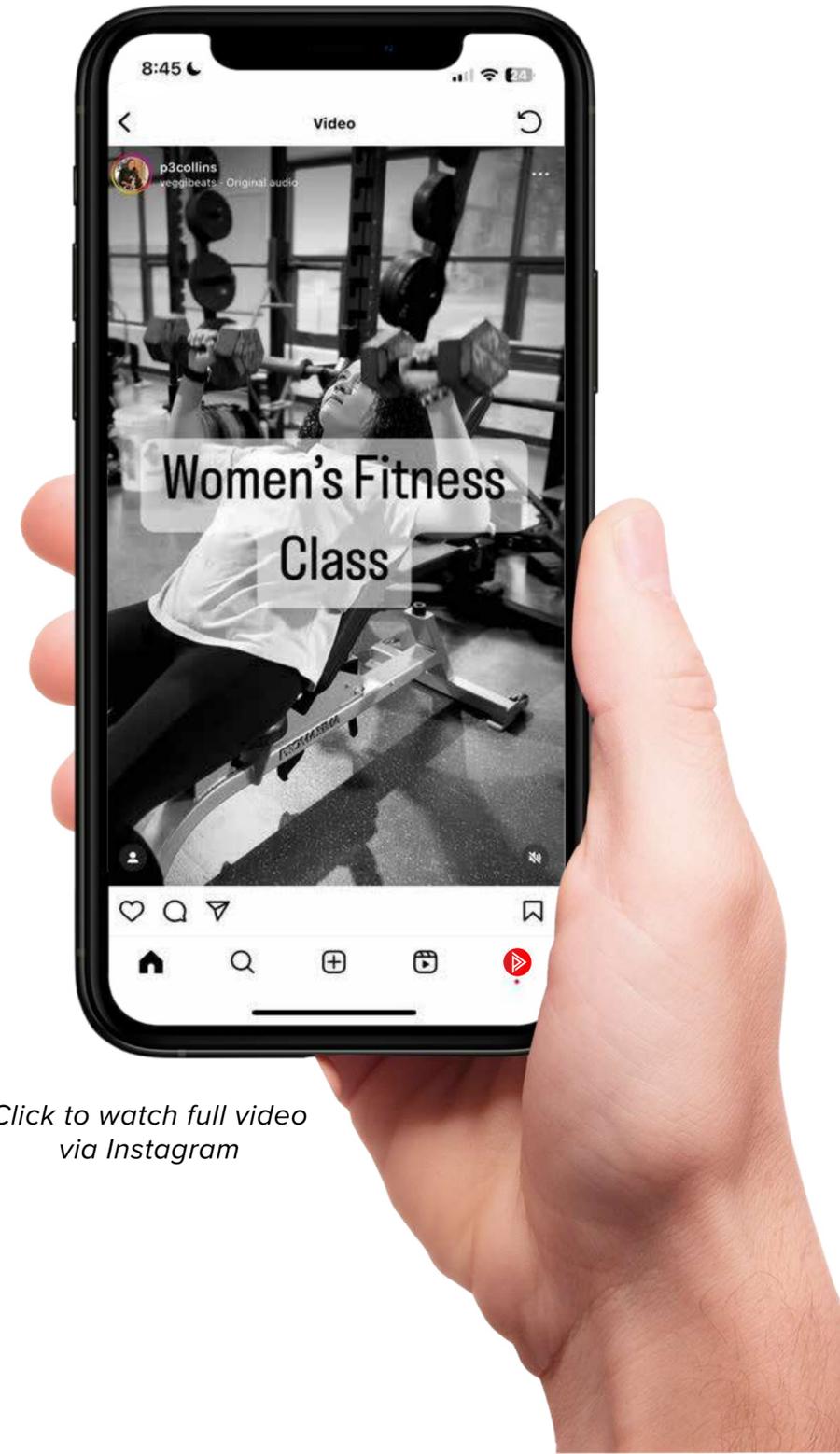
As with any squat, all 4 Points of Performance apply for the duration of the set:

1. Entire foot in contact with the ground
2. Lumbar curve maintained
3. Knees tracking toes
4. Hips descending below parallel (hip joint below the knee joint)

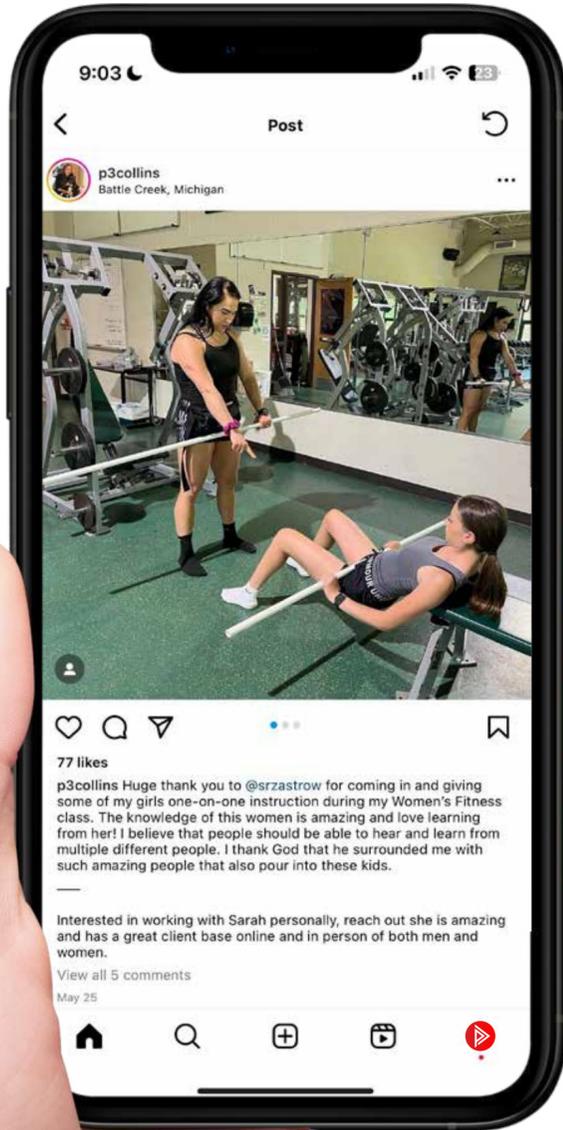




WOMEN IN FITNESS CLASS IN ACTION



*Click to watch full video
via Instagram*



Click to watch full video via Instagram

BUILDING COMMUNITY AND USING ROLE MODELS



Click to watch full video via Instagram



WOMEN'S FITNESS

"Women's Fitness has helped me so much with my confidence and my self love journey. To me, it's a very welcoming and therapeutic environment."

– S. Dunn Class of 2024

(2-year Women's Fitness student)

I wasn't really into weightlifting when I started high school and always thought it was kind of intimidating and that it would make me bulky. Women's fitness warmed me up to the idea of doing more strengthening and weightlifting workouts and I'm so happy it did.

Women's fitness also helped me feel more comfortable in working out with others. It made me realize that it's better to workout with a partner/group because they'll encourage you, you'll feel more comfortable and actually have fun. Women's fitness was a great class to start out in because it's a class of all girls and we helped each other gain more confidence in working out.

If I hadn't taken women's fitness, I don't think I would've ever been comfortable in taking strength & conditioning, which is now my favorite class! Not to mention, both women's fitness and strength & conditioning both helped me in strengthening my muscles for dance, which has improved my performance A LOT.

Overall, women's fitness was a super fun class that helped me gain confidence in working out and taught me all the basics of weightlifting so I'm able to take strength & conditioning with the best teacher!"

– H. Peterson Class of 2024 (4-year student)



IMPROVING FEMALE ENROLLMENT IN OTHER CLASSES

- Strength and conditioning class is now a popular choice for junior and senior students - male AND female
- Students come to class with confidence and comfort
- Review foundation and then hit the ground running with a proper strength and conditioning program via PLT4M personal weight training.

KEY TAKEAWAYS

- Long-term goal is to create an environment where everyone feels comfortable and confident working out together
- But we must operate knowing that isn't the case because of a variety of factors for many female students currently
- Women's Fitness class promotes total health and wellness and support students with more advanced skills they can take to any fitness center or gym.

THANK YOU FOR LISTENING

Want to learn more about PLT4M?

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QUESTIONS?
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