

Women on Weights 2.0 Testimonials

Thank you so much for all the time and care you took in planning this last 6 week session of Women on Weights 2.0. Personally, I would like to see the rec center offer more programs like this on an ongoing basis. I know it was an enormous amount of work for Dixie and I appreciate it! I feel like I can walk into any weight room and confidently work out. I can rack my own weights and create my own strength training regimen. I went from bench pressing an empty bar with difficulty to being able to put plates on it and successfully lift them! The free weight area has always been intimidating to me. Even the lingo like "bench press", "dead lift" and "barbell" were kind of scary. I wondered how I could possibly compete with all those muscular men who appeared to lift, grunt and sweat more than I ever could. I knew that as I approached 50, the weight room is where I would build good lean muscle, help my posture and flexibility. I know now that I can lift heavy, work up a heavy sweat and even grunt when needed! I can hold my head high because I know what I am doing and how to do it and build strength along with confidence. Balancing strength training and cardio will help me get the best body I've ever had. With everything I have learned from WOW, I feel like I could inspire other women who may also share that fear of free weights. I'll be able to carry the skills I learned into other aspects of a healthy, balanced lifestyle. I'm looking forward to next time. Please pass my appreciation on to Blake, Janet and Kendra as well. Your helpers were awesome too!

This was my 2nd year doing Women on Weights 2.0. It's given me a solid foundation in strength training. The female group dynamic and guidance from legitimate training professionals who love to lift is great. If you have any type of fitness goal, 'lifting like you mean it', the motto of the group will support it...even doing a headstand in yoga.

Women on Weights 2.0 and the instructors have brought out the best in me! Dixie's encouragement and constant motivation pushed me to reach my goals. The program not only taught me various exercises, but the benefits of doing specific ones. Now I'm able to do weighted squats, lunges, and bench press on my own. I can tell my strength has increased after taking this program. I've been consistent in the gym, and am excited to say I'm down 10 pounds (7 lbs of fat) with the help of the workouts they wrote for us. Thank you wholeheartedly!

Taking Women on Weights 2.0 has given me the confidence and knowledge I've needed. I can now say I know what I'm doing in "that part of the gym"! I have raved about this to my coworkers, family, and friends. I am so grateful for Dixie, Joe and their education, leadership, and transparency about how I can be a better me!