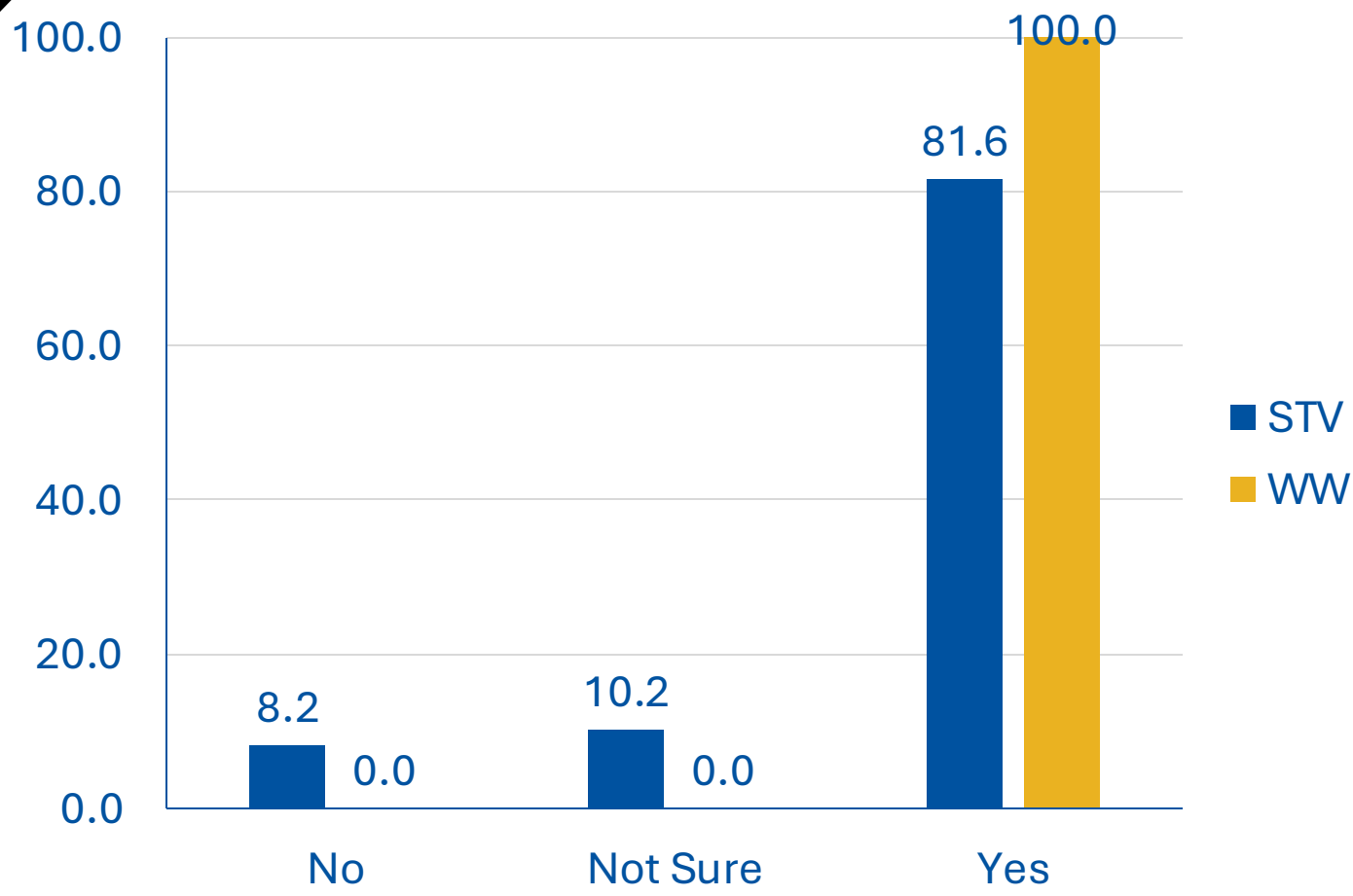


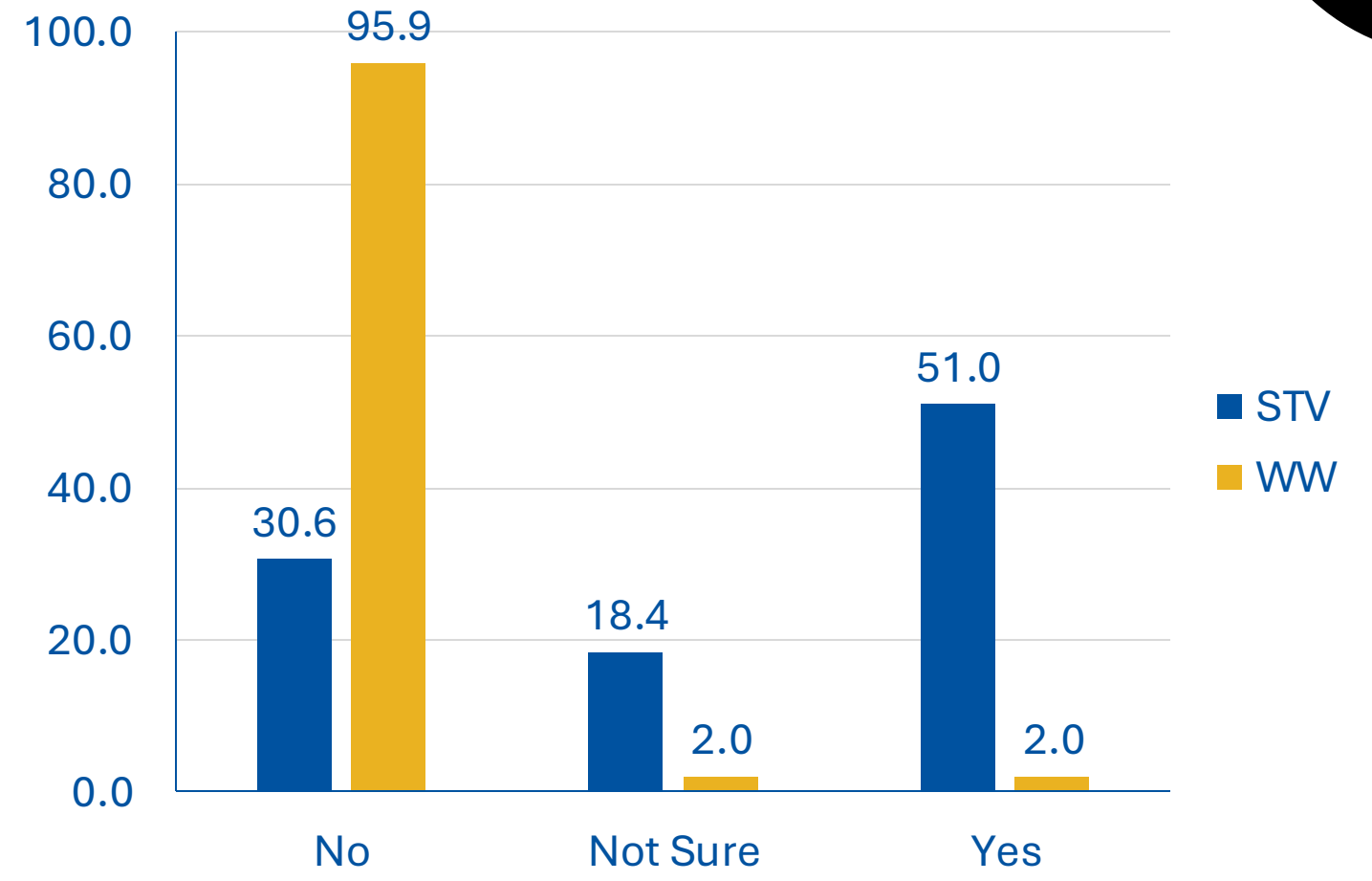
Womxn Sessions boost confidence of gym goers

Our survey evaluating the gyms showed:

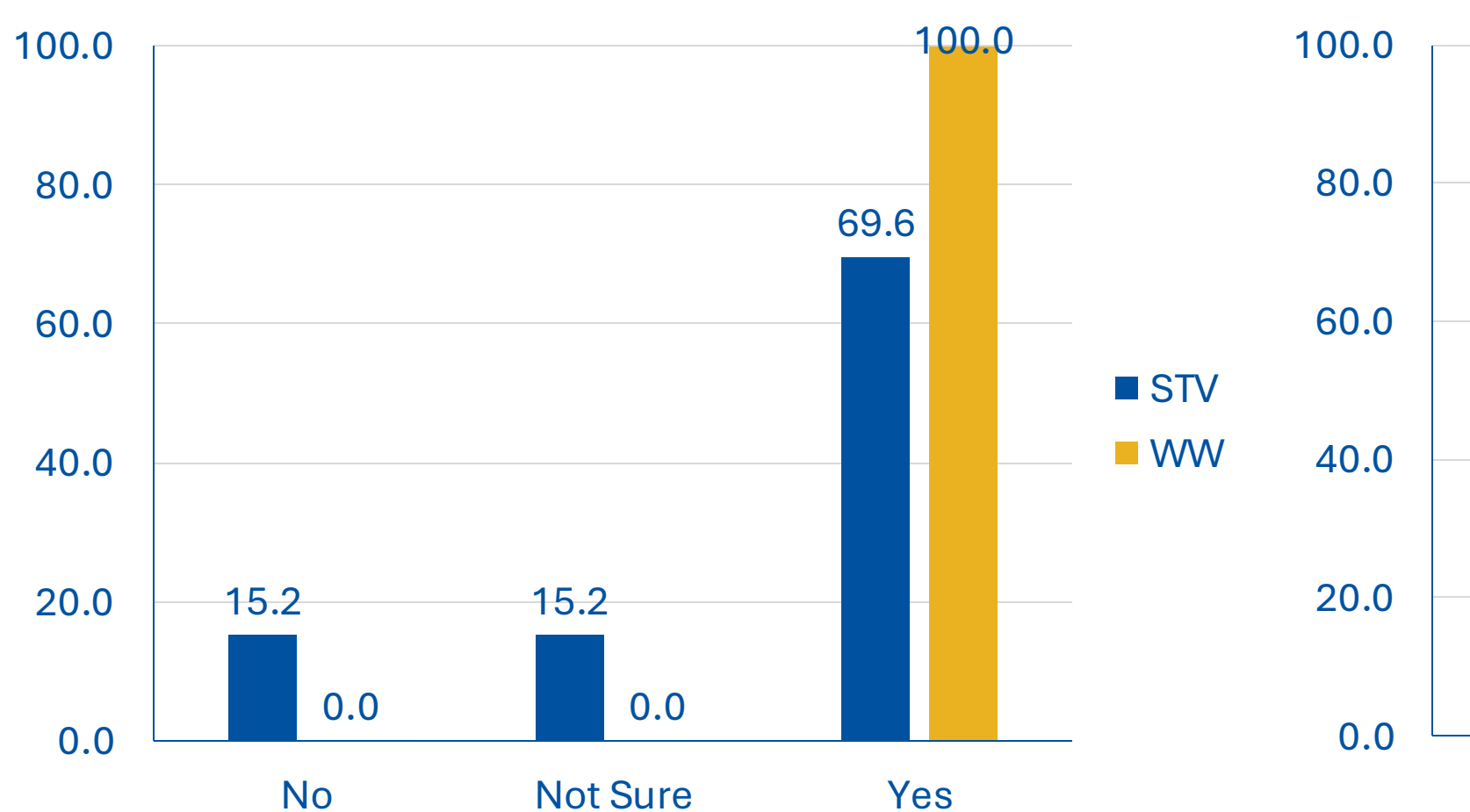
Belongingness



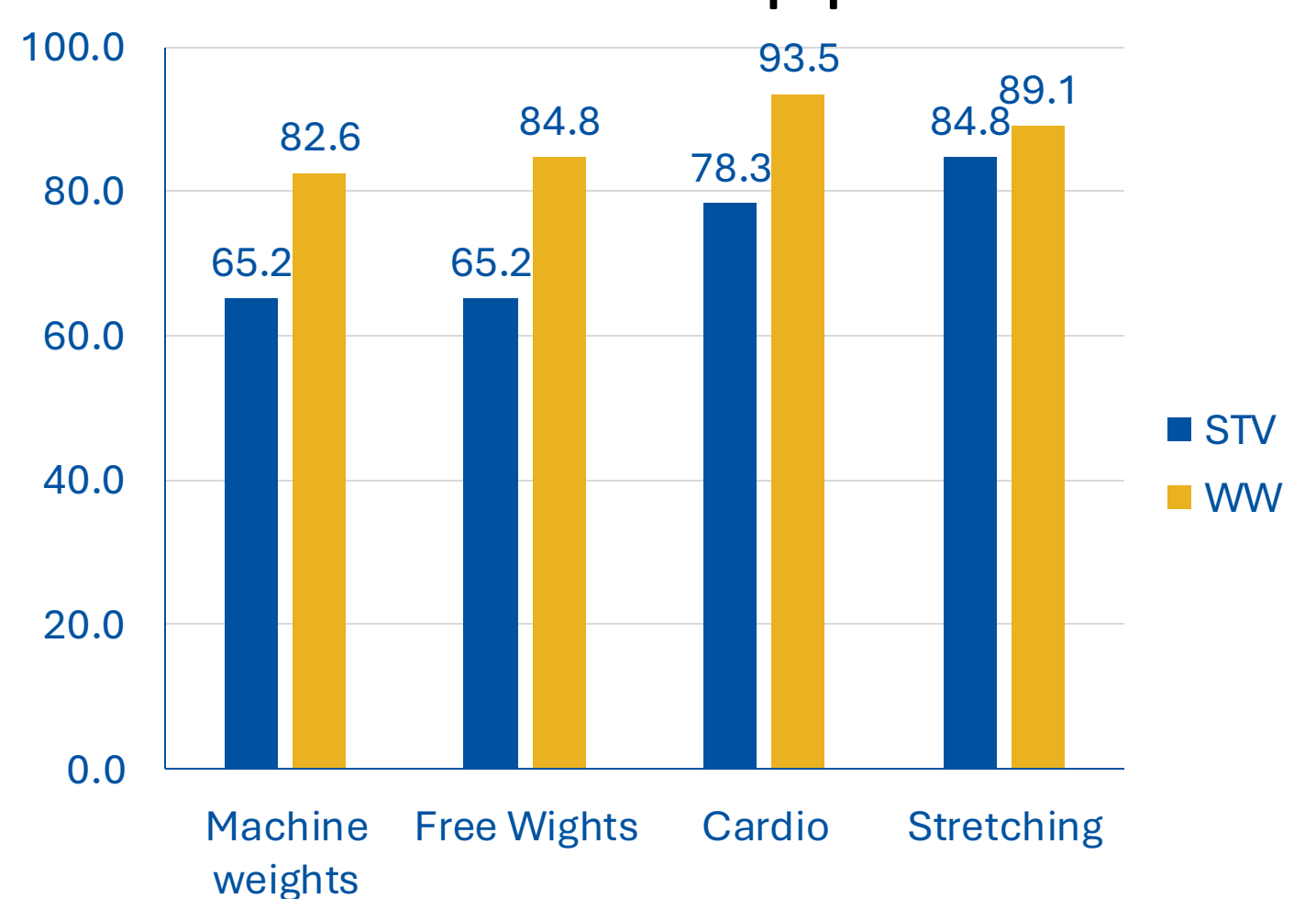
Intimidation



Confidence



Confidence with equipment



Interviews summary

Three female gym goers reported they felt intimidated in gym 1 because:

- They felt outnumbered by the number of males
- Are unexperienced/lack confidence using equipment
- By how sporty people are and that they can lift more/do professional lifting weights

Conclusion

Female gym goers feel more like they belong, confident in themselves and using equipment during Womxn sessions than in Gym 1

Female gym goers are more intimidated by Gym 1 than at Womxn sessions

