

Seminar Hormonal Transition Fitness For Women

DUBAI | DECEMBER 6, 2026

We have applied for REPS UAE CPDs

FEE	INCLUSIONS	EXCLUSIONS
<p>General: AED550 + 5% VAT</p> <p>Available –</p> <ul style="list-style-type: none"> • Discount • Instalment facility via TABBY or TAMARA <p>Fee must be paid in full before the start of the workshop.</p> <p>Payment of fee and / or submission of enrolment form acknowledges that you have accepted the terms and conditions of enrolling to and participating in the course.</p> <p>Fee will increase upon REPS UAE CPD approval</p>	<ul style="list-style-type: none"> • Soft copy of the certificate for participation in the Seminar: Hormonal Transition Fitness For Women • CPDs for REPS UAE (applied for) • Handout 	<ul style="list-style-type: none"> • Hardcopy of the certificate • Meals / refreshments and / or accommodation. • CEUs for ISSA / NSCA / other certification which may be applicable from time to time – check before enrolment.

Who Should Attend the seminar?

If you happen to be one of these below and you plan to train women more meaningfully, you ought to attend the seminar:

- Personal Trainers
- Pilates Teachers
- S&C and Sports Coaches
- Group Exercise Trainers
- Exercise Referral and Special Population Trainers
- Yoga Teachers
- Dance Teachers
- Physical Education Teachers
- Martial Arts Instructors
- Swimming Coaches
- Sports Scientists
- Fitness Centre Managers and Supervisors
- Recreation and Wellness Professionals

Learning Outcomes

- Explain hormonal changes across women's life phases.
- Adapt exercise programs to individual menopausal symptoms.
- Design strength training supporting muscles and bones.
- Combine aerobic, flexibility, and functional training effectively.
- Apply nutrition, sleep, and recovery strategies appropriately.