

**MAY
2026**



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FEMALE CANCER WARRIORS!

It's time to turn survivorship up a notch and have fun being active!
Cancer StrongHER provides free fitness and active-lifestyle classes for females survivors of ALL cancers.

UPCOMING CLASSES & EVENTS

DATE	TIME	ACTIVITY	LOCATION
5/3/26 Sun	11 am	Yin Yoga & Foam Roller Stretch	Cancer StrongHER Studio
5/3/26 Sun	12:30 pm	Experienced Tennis Drill	The Birch Racquet & Lawn Club
5/7/26 Thu	7 pm	Line Dancing	Cancer StrongHER Studio
5/8/26 Fri	6 pm	Pickleball	Chicken N Pickle - Grapevine
5/9/26 Sat	12 pm	Pilates Class #1	3C Pilates
5/9/26 Sat	1 pm	Pilates Class #2	3C Pilates
5/12/26 Tue	7 pm	Light Weights & Stretch	Cancer StrongHER Studio
5/14/26 Thu	6:30 pm	Light Hike	Parr Park Rock Art Trail
5/17/26 Sun	11 am	Functional Fitness	Crossfit OTL
5/17/26 Sun	12:30 pm	Beginner Tennis Lesson	The Birch Racquet & Lawn Club
5/18/26 Mon	7 pm	Just MELT: Lymphatic Massage & Sound Bath	Cancer StrongHER Studio
5/20/26 Wed	7 pm	SHiNE Dance Fitness	Cancer StrongHER Studio
5/22/26 Fri	7 pm	Feel-Good Hip-Hop	Cancer StrongHER Studio
5/24/26 Sun	12:30 pm	Experienced Tennis Drill	The Birch Racquet & Lawn Club
5/30/26 Sat	11 am	Restorative Yoga	NRH Centre

HOW TO REGISTER

You can get more information about registering for these classes on our website at www.cancerstrongher.com, our Facebook event page at facebook.com/cancerstrongher, or send an email to info@cancerstrongher.com. We can't wait to see you!