

DEC
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www.cancerstrongher.com
facebook.com/cancerstrongher
info@cancerstrongher.com

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
12/1/25 Mon	6 pm	Light Weights & Stretch	Cancer StrongHER
12/4/25 Thu	6:30 pm	HOLIDAY PARTY	Pinstack Westlake
12/6/25 Sat	11 am	Restorative Yoga	NRH Centre
12/7/25 Sun	11 am	Yin Yoga & Foam Roller Stretch	The Keller Pointe
12/7/25 Sun	12:30 pm	Experienced Tennis Drill	The Birch Racquet & Lawn Club
12/13/25 Sat	12 pm	Pilates	3C Pilates
12/14/25 Sun	11 am	Functional Fitness	Crossfit OTL
12/14/25 Sun	12:30 pm	Beginner Tennis Lesson	The Birch Racquet & Lawn Club
12/18/25 Thu	7 pm	Zumba	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!