

**JULY  
2025**



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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**

DATE	TIME	ACTIVITY	LOCATION
7/11/25 Fri	6:00 pm	Pickleball	Chicken N Pickle Grapevine
7/12/25 Sat	12 pm	Pilates	3C Pilates
7/13/25 Sun	11 am	Yin Yoga & Foam Roller Stretch	The Keller Pointe
7/13/25 Sun	12:30 pm	Experienced Tennis Drill	The Birch Racquet & Lawn Club
7/17/25 Thu	7 pm	Zumba	NRH Centre
7/19/25 Sat	11 am	Restorative Yoga	NRH Centre
7/20/25 Sun	12:30 pm	Beginner Tennis Lesson	The Birch Racquet & Lawn Club
7/26/25 Sat	1:00 pm	Feel Good Hip-Hop	Laura's Dance Dynamics
7/27/25 Sun	12:30 pm	Experienced Tennis Drill	The Birch Racquet & Lawn Club

### **HOW TO REGISTER**

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