

**OCT
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 & EVENTS

DATE	TIME	ACTIVITY	LOCATION
10/4/25 Sat	2-6 pm	BREWS FOR BOOBS	Three Wide Brewing
10/5/25 Sun	11 am	Yin Yoga & Foam Roller Stretch	The Keller Pointe
10/5/25 Sun	12:30 pm	Experienced Tennis Drill	The Birch Racquet & Lawn Club
10/8/25 Wed	6:30 pm	Sneak Peek Party – Dancing & Sound Bath	Cancer StrongHER
10/9/25 Thu	6 pm	Pickleball	Chicken N Pickle Grapevine
10/11/25 Sat	12 pm	Pilates	3C Pilates
10/12/25 Sun	11 am	Functional Fitness	Crossfit OTL
10/12/25 Sun	12:30 pm	Beginner Tennis Lesson	The Birch Racquet & Lawn Club
10/16/25 Thu	7 pm	Zumba	NRH Centre
10/18/25 Sat	11 am	Restorative Yoga	NRH Centre
10/19/25 Sun	12:30 pm	Experienced Tennis Drill	The Birch Racquet & Lawn Club
10/22/25 Wed	6-8 pm	SIP N SUPPORT	Chicken N Pickle Grapevine
10/27/25 Mon	6 pm	Light Weights & Stretch	Cancer StrongHER
10/30/25 Thu	6:30 pm	Archery & Axe Throwing	Cinnamon Creek Ranch

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!