

**SEPT
2025**



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

DATE	TIME	ACTIVITY	LOCATION
9/7/25 Sun	12:30 pm	Experienced Tennis Drill	The Birch Racquet & Lawn Club
9/11/25 Thu	6 pm	Pickleball	Chicken N Pickle Grapevine
9/12/25 Fri	7 pm	Escape Room	Red Door Escape Room – Southlake
9/13/25 Sat	12 pm	Pilates	3C Pilates
9/14/25 Sun	11 am	Yin Yoga & Foam Roller Stretch	The Keller Pointe
9/14/25 Sun	12:30 pm	Beginner Tennis Lesson	The Birch Racquet & Lawn Club
9/18/25 Thu	7 pm	Zumba	NRH Centre
9/19/25 Fri	6:30 pm	Paddleboard Yoga	Grapevine Lake
9/20/25 Sat	11 am	Restorative Yoga	NRH Centre
9/21/25 Sun	11 am	Functional Fitness	Crossfit OTL
9/26/25 Fri	7 pm	Feel Good Hip-Hop	The Lifting Yards
9/27/25 Sat	1:30 pm	Bungee One	Bungee One North Fort Worth
9/28/25 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, our Facebook event page at facebook.com/cancerstrongher, or send an email to info@cancerstrongher.com. We can't wait to see you!