

APR
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
4/7/26 Tue	7 pm	Light Weights & Stretch	Cancer StrongHER Studio
4/9/26 Thu	7 pm	Rock Your Journey: Rock Painting	Cancer StrongHER Studio
4/10/26 Fri	6 pm	Pickleball	Chicken N Pickle - Grapevine
4/11/26 Sat	12 pm	Pilates Class #1	3C Pilates
4/11/26 Sat	1 pm	Pilates Class #2	3C Pilates
4/12/26 Sun	11 am	Yin Yoga & Foam Roller Stretch	Cancer StrongHER Studio
4/12/26 Sun	12:30 pm	Experienced Tennis Drill	The Birch Racquet & Lawn Club
4/13/26 Mon	7 pm	Cycle & Stretch	Rise Collective Wellness
4/15/26 Wed	6:30 pm	Light Hike	Parr Park Rock Art Trail
4/17/26 Fri	7 pm	Line Dancing	Cancer StrongHER Studio
4/18/26 Sat	11 am	Restorative Yoga	NRH Centre
4/19/26 Sun	11 am	Functional Fitness	Crossfit OTL
4/19/26 Sun	12:30 pm	Beginner Tennis Lesson	The Birch Racquet & Lawn Club
4/20/26 Mon	7 pm	Just MELT: Lymphatic Massage & Sound Bath	Cancer StrongHER Studio
4/24-25/26		SMASHING CANCER TENNIS TOURNAMENT	The Birch Racquet & Lawn Club
4/26/26 Sun	12:30 pm	Experienced Tennis Drill	The Birch Racquet & Lawn Club
4/29/26 Wed	7 pm	Feel-Good Hip-Hop	Cancer StrongHER Studio

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!