

SEPT  
2025



[www.cancerstrongher.com](http://www.cancerstrongher.com)  
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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
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
9/13/25 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](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!