

**AUG
2026**



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, wellness, and active-lifestyle classes for females survivors of ALL cancers.

UPCOMING CLASSES & EVENTS

DATE	TIME	ACTIVITY	LOCATION
8/7/26 Fri	6 pm	Pickleball	Chicken N Pickle - Grapevine
8/8/26 Sat	12 pm	Pilates	3C Pilates
8/9/26 Sun	11 am	Yin Yoga & Foam Roller Stretch	Cancer StrongHER Studio
8/11/26 Tue	7 pm	Light Weights & Stretch	Cancer StrongHER Studio
8/15/26 Sat	11 am	Restorative Yoga	NRH Centre
8/16/26 Sun	11 am	Functional Fitness	Crossfit OTL
8/16/26 Sun	12:30 pm	Experienced Tennis Drill	The Birch Racquet & Lawn Club
8/17/26 Mon	7 pm	Just MELT: Lymphatic Massage & Sound Bath	Cancer StrongHER Studio
8/19/26 Wed	7 pm	SHiNE Dance Fitness	Cancer StrongHER Studio
8/21/26 Fri	7 pm	Line Dancing	Cancer StrongHER Studio
8/23/26 Sun	12:30 pm	Beginner Tennis Lesson	The Birch Racquet & Lawn Club
8/26/26 Wed	6:30 pm	Mahjong 101: Class 1 of 3	Cancer StrongHER Studio
8/28/26 Fri	7 pm	Feel-Good Hip-Hop	Cancer StrongHER Studio
8/29/26 Sat	1:30 pm	Bungee One	Bungee One Studio Fort Worth
8/30/26 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!