

**JAN
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
1/9/26 Fri	6 pm	Pickleball	Chicken N Pickle - Grapevine
1/10/26 Sat	12 pm	Pilates Class #1	3C Pilates
1/10/26 Sat	1 pm	Pilates Class #2	3C Pilates
1/11/26 Sun	11 am	Yin Yoga & Foam Roller Stretch	Cancer StrongHER
1/11/26 Sun	12:30 pm	Experienced Tennis Drill	The Birch Racquet & Lawn Club
1/17/26 Sat	11 am	Restorative Yoga	NRH Centre
1/18/26 Sun	11 am	Functional Fitness	Crossfit OTL
1/18/26 Sun	12:30 pm	Beginner Tennis Lesson	The Birch Racquet & Lawn Club
1/19/26 Mon	7 pm	Just MELT: Lymphatic Massage & Sound Bath	Cancer StrongHER
1/24/26 Sat	10 am-3 pm	New Year, New Beginnings Retreat	Cancer StrongHER
1/25/26 Sun	12:30 pm	Experienced Tennis Drill	The Birch Racquet & Lawn Club
1/26/26 Mon	6 pm	Light Weights & Stretch	Cancer StrongHER
1/30/26 Fri	7 pm	Feel-Good Hip-Hop	Cancer StrongHER

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!