

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

UPCOMING CLASSES & EVENTS

DATE	TIME	ACTIVITY	LOCATION
9/2/26 Wed	6:30 pm	Mahjong 101: Class 2 of 3	Cancer StrongHER Studio
9/6/26 Sun	11 am	Yin Yoga & Foam Roller Stretch	Cancer StrongHER Studio
9/9/26 Wed	6:30 pm	Mahjong 101: Class 3 of 3	Cancer StrongHER Studio
9/11/26 Fri	6 pm	Pickleball	Chicken N Pickle - Grapevine
9/13/26 Sun	12:30 pm	Experienced Tennis Drill	The Birch Racquet & Lawn Club
9/14/26 Mon	7 pm	Line Dancing	Cancer StrongHER Studio
9/16/26 Wed	7 pm	SHiNE Dance Fitness	Cancer StrongHER Studio
9/18/26 Fri	5:30 pm	Sunset Paddleboard Yoga	Grapevine Lake
9/19/26 Sat	11 am	Yoga	NRH Centre
9/20/26 Sun	11 am	Functional Fitness	Crossfit OTL
9/20/26 Sun	12:30 pm	Beginner Tennis Lesson	The Birch Racquet & Lawn Club
9/21/26 Mon	7 pm	Just MELT: Lymphatic Massage & Sound Bath	Cancer StrongHER Studio
9/22/26 Tue	7 pm	Light Weights & Stretch	Cancer StrongHER Studio
9/26/26 Sat	10 am	Hiking & Yoga	High Hope Ranch – Glen Rose
9/27/26 Sun	12:30 pm	Experienced Tennis Drill	The Birch Racquet & Lawn Club
9/28/26 Mon	1:30 pm	Restorative Yoga	Cancer StrongHER Studio
9/30/26 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!