



## WORKOUT FOR WOMEN'S DAY MARCH 2-8, 2024

FOR MORE INFORMATION AND TO REGISTER VISIT [WWW.STRONGERTOGETHERVANCOUVER.COM](http://WWW.STRONGERTOGETHERVANCOUVER.COM)

### Saturday, March 2

- 9:00<sub>am</sub> \*\*The Chattiest Bootcamp of All Time w/ Shana Alexander, Tyee Elementary
- 2:30<sub>pm</sub> Aerial Yoga w/ Caroline MacGillivray, Tantra Fitness in Kits
- 3:30 Pole Dancing w/ Caroline MacGillivray, Tantra Fitness in Kits
- 4:30 \*\*WWD Kick-Off Class – Dance Party with Witness the Fitness, Jewish Community Centre of Greater Vancouver

### Sunday, March 3

**Inner Fit Studios in Richmond is hosting five Workout for Women's Day classes:**

- 8:00<sub>am</sub> Rise and Shine Hatha Yoga w/ Kelly
- 9:00 MET CON Workout – HIIT Session w/ Breanna Gregersen and Rachel Seay
- 10:00 Spinning Express w/ Rachel Seay
- 11:00 Low Impact Dance Fit w/ Renee Moreno Laybourne
- 12:00 Laughter Yoga w/ Shelley Nessman

### More on Sunday, March 3

- 8:30<sub>am</sub> Project Love Run/Walk (Women Only) w/ Filsan Abdiaman, Meet at 268 Keefer
- 9:00 Outdoor Bootcamp Circuits w/ Carey Yuen, Beaconsfield Elementary
- 9:30 Kundalini & Movement w/ Syma Shaheen, Cadence Cycle & Movement Studio
- 10:15 Self-Defense – All Levels Jiu-Jitsu w/ Nelly & Jaime, Hero Academy, North Van
- 11:00 \*\*My Remedy w/ Brooke & Molly, 1263 Homer St.
- 11:30 \*\*STRONG by Zumba (not a Zumba class!) w/ Ayanna Gibb, Inspire Women's Fitness, Fort Langley
- 1:00<sub>pm</sub> \*\*All Ages! Jump Rope 101 for Fitness Fun w/ Jacqueline Alexander & Andrea Barrett, Olympic Village
- 1:30 Barre Sculpt w/ Jessie Au, Place des Arts, Coquitlam
- 1:30 Bounce Cardio w/ Amilya Ladak, The Well by Kunye
- 2:00 \*\*Kids' Krav Maga w/ Andi Semenik, Impact Krav Maga
- 3:30 Intro to Krav Maga w/ Bonnie Hastings, Train West Van
- 4:00 Parent & Teen (13+) Taylor Swift Ride w/ Amanda Lau & Isabella Nelstrop, The Cycle Collective, Kits
- 4:30 Mindful Self-Defense w/ Ashley Sindayen & Jess Gordon, Flow Martial Arts
- 7:00 Sunday Night Unwind w/ Carey Yuen, Zoom

### Monday, March 4

- 9:00<sub>am</sub> Chair Fitness: Core, Balance & Strength w/ Megan Williamson, Zoom
- 5:30<sub>pm</sub> Boxing Combo Class w/ Sasha Walker, All City Athletics
- 6:00 Funky Step Aerobics without the Step w/ Veronica de Jong, Emily Carr Elem.
- 8:00 Women's 3X3 Basketball Night w/ Megan Pinske & Sophie Swant, Vancouver Basketball Academy™

### Tuesday, March 5

- 9:20<sub>am</sub> Barre w/ Danya Rogen, Jewish Community Centre of Greater Vancouver
- 6:10<sub>pm</sub> '90s Ride w/ Natasha Lowe, Cadence Cycle & Movement Studio

### Wednesday, March 6

- 9:30<sub>am</sub> Zumba w/ Asal Nikoopour, Baza Dance Studio
- 10:00 Yoga w/ Sandy Rogen, Zoom
- 12:00 \*\*Kickboxing and Conditioning w/ Andi Semenik, Impact Krav Maga Studio
- 3:30<sub>pm</sub> Mat Pilates hosted by Olive & Piper w/ Katie McKenzie, Olive & Piper HQ
- 6:30 A FeelGood Classic w/ Sarah Leckey, FeelGood Everyday Fitness Studio
- 7:20 Barre w/ Tanya Schneider, Pure Barre Yaletown

### Thursday, March 7

- 9:30<sub>am</sub> Mat Pilates w/ Talia Druker, Zoom
- 12:00 \*\*All Levels Brazilian Jiu-Jitsu w/ Felipe Costa, Impact Krav Maga Studio
- 6:00<sub>pm</sub> Gentle Yoga w/ Bella, Vancouver Women's Health Collective
- 6:35 "Bag & Burn" Boxing Fitness (Beginners Welcome!) w/ Anna Kerevan, Teddy's Boxing & Fitness, Sidney (near Victoria)
- 7:00 Perimenopause 101 Session and Meditation w/ Dr. Mikel Segal, Zoom

### Friday, March 8 – Int'l Women's Day

- 8:15<sub>am</sub> ENDURE w/ Sean Collins, KIN Culture
- 11:00 Rock Steady Boxing (for people with Parkinson's Disease) w/ Shana Alexander, Ron Zalko Fitness
- 2:00<sub>pm</sub> Archival Pilates Mat and Wall Workout w/ Risa Mathews, Zoom
- 3:30 Altea HIIT w/ Dolores Leite, Altea West 6th
- 5:00 K-HIIT w/ Meghan Melissis, Kommunity Fitness
- 7:30 WWD Wrap-Up Dance Class - FREEDOM w/ Shae Bourne, Formation Studio

\*\* a BabyGoRound gear donation pop-up class! Check our website [HERE](#) for their current wish list.