



**WORKOUT FOR
WOMEN'S DAY
MARCH 4-8, 2026**

FOR MORE INFORMATION AND TO REGISTER
VISIT
WWW.STRONGERTOGETHERVANCOUVER.COM

TUESDAY, MARCH 3

9:15 Barre Fusion w/ Danya Rogen, Jewish Community Centre

WEDNESDAY, MARCH 4

10:00 ALL Strength w/ Taren Grewall, ALL Method

10:45 Yoga Sculpt w/ Natalia Simatupang, HAVYN Hot Yoga, UBC

1:30 Mom & Baby Movement w/ Shana Alexander, IMPACT Krav Maga & Fitness

5:30 Strength Class – Upper Body and Arms w/ Vesna Bliss, VanFitClub

6:30 HIIT & Flow w/ Jill Metheral, YWCA Health & Fitness Centre

6:30 Pop Queen Cardio w/ Jared Byrne, The Stack Building

7:15 Strong Body Club w/ Shelby Shukaliak, Witness the Fitness

THURSDAY, MARCH 5

7:00 Full Body Strength and Conditioning w/ Vesna Bliss, VanFitClub

9:30 Full Body Strength and Conditioning w/ Vesna Bliss, VanFitClub

9:30 Int'l Women's Day Ride w/ Amanda Lau, The Cycle Collective

1:30 ALL Reformer – Begin w/ Katie McKenzie, ALL Method

5:15 Mat Pilates w/ Talia Druker, The Stack Building

5:15 Cycle and Tone w/ Alex Sigouin, YWCA Health & Fitness Centre

6:00 Step Aerobics without the Step! w/ Veronica de Jong, Emily Carr Elem.

6:30 Retro Dance Party w/ Jenn and Shelby, The Stack Building

7:30 Roll and Reset w/ Jill Genereux, The Stack Building

FRIDAY, MARCH 6

9:00 Full Body Strength and Conditioning w/ Vesna Bliss, VanFitClub

9:30 Online Strength Workout w/ Shana Alexander, Zoom

11:00 Rock Steady Boxing (for people with Parkinson's Disease) w/ Shana Alexander, Ron Zalko Fitness

11:30 fusion (pre/postnatal fitness+yoga) w/ Tara Shayegan, Uphoria Yoga

11:30 Intro to Pole w/ Cassidy Hergott, Tantra Fitness Mount Pleasant

12:00 Mat Pilates w/ Caroline MacGillivray, The Stack Building

FRIDAY, MARCH 6, cont'd.

12:15 Pure Barre Define™ with Viktoria Lupalenko, Pure Barre

5:30 Zumba w/ Asal Nikoopour, The Stack Building

5:30 Booty Call w/ Saskia Arthur, Tantra Fitness Kits

6:30 Hatha Yoga with Singing Bowls w/ Yankei Wu, YWCA Health & Fitness Centre

SATURDAY, MARCH 7

10:00 Bone Yard Class w/ Mackenzie Heintzman, Yard Athletics

10:00 Bungee Fit w/ Kimbles, Tantra Fitness Mount Pleasant

12:30 Lifting Club Strength Circuit w/ Sarah De Lucca, Sweatworking Collective

12:30 Boxing Fitness w/ Leila Mazhari, YWCA Health & Fitness Centre

1:00 Jump Rope Remix w/ Jacqueline Alexander, Cooper's Park. All ages!

4:00 Teens (15+) Welcome! Fundamentals of Boxing w/ Emma and Autumn, Monarc Boxing & Fitness

4:30 STRONG Body (Pilates w/ Cardio Bursts) w/ Goli Cramer, STRONG Pilates Coal Harbour

SUNDAY, MARCH 8 – Int'l Women's Day!

10:00 Forest Walk – 3.5 km w/ Andrea Semenik, Pacific Spirit Park. Dogs and kids welcome!

10:00 Outdoor Strength Class with Bar Laniado, Sir Alexander McKenzie Elem

10:00 Intro to Aerial Hoops w/ Karen Hincks, Tantra Fitness Mount Pleasant

10:00 Victoria Class! Yasumi Gentle Mobility w/ Rachel Noé, Cordle Athletic Club

10:00 Yoga Pilates Fusion w/ Vesna Bliss, VanFitClub

12:00 Zumba w/ Jennica Fulton, YWCA Health & Fitness Centre

12:30 Stronger Women Class w/ Sara Cathcart, Equinox

3:00 Self Defense Class for Teen Girls and Women w/ Andi Semenik and Marjorie LeBorgne, IMPACT Krav Maga & Fitness

3:00 Intro to Erotic Pole w/ Karly Renman, Tantra Fitness Gastown

6:00 Wrap-Up Dance Party w Georgia V-G, Formation

7:15 Workout for Women's Day Wrap-up Party for All!, Tacofino Ocho