



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

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