



WORKOUT FOR WOMEN'S DAY
MARCH 3-8, 2023

Registration opens February 21st at
www.strongertogethervancouver.com.

Thursday, March 2

7:30 PM Cardio Dance Class w/ Melanie Levenberg of DancePL3Y, Whistler

Friday, March 3

9:30 Strength & Cardio w/ Shana Alexander, Zoom
1:00 Full Body Friday Strength w/ Kelsey Larg, VanCity Training Camp
5:00 Booty & Strength w/ JennaMaye Fitness, The Firm Athletica
6:30 WWD Kick-off Class, Freedom: Cardio Dance Party w/ Shae Bourne, Formation Studio

Saturday, March 4

all day Any cycle class, Spin Co.
8:00 Small Group Training w/ Richelle Carter, Yard Athletics
9:00 Full Body Workout w/ Dolores Leite, Passion & Performance Studio
10:00 Slow Burn; Mat Pilates w/ Amilya Ladak, The Well
12:45 Meta w/ Natalia Gutierrez, Turf
2:30 Awakening the Spine w/ Sharon Abbondanza, Jewish Community Centre (2 hrs.)
3:30 Intro. to Strength Training w/ Sarah Pedley, BeSTRONG Training, Port Moody
5:00 Zumba w/ Asal Nikoopour, iDance Mt. Pleasant

Sunday, March 5

all day Any cycle class, Spin Co.
9:00 Dance Fitness w/ Pearl Cicci, Emily Carr Elementary (outside, under cover)
10:00 Move + Sculpt w/ Jessie Au, Zoom
11:00 Women's Self Defense: Fundamentals of Brazilian Ju Jitsu w/ Jaime Ward, HERO Academy, North Van.
1:00 Rucking w/ Amy Freeman, Tower Beach Stairs, UBC
2:00 Self Defense w/ Bonnie Hastings, TRAIN, West Van.
3:00 Kids' Krav Maga w/ Andi Semenik, Impact Krav Maga
4:00 Sunday Unwind: Rolling Session w/ Carey Yuen, Impact Krav Maga
5:00 Tabata (Interval Training) w/ Lucy Rex, Gastown

Monday, March 6

8:30 Pure Align w/ Tanya Schneider, Pure Barre Yaletown
9:30 Mat Pilates w/ Talia Druker, Zoom
11:00 Rock Steady Boxing (members only) w/ Shana Alexander
11:00 Hatha Flow w/ Bella R followed by tea ceremony with tea artists Lillian Li, Dr. Sun Yat-Sen Garden (indoors)
1:00 Restore Yourself w/ Corine Latreille, Zoom
5:30 Boxing 8-Count FIIT Class w/ Sasha Walker, All City Athletics

Tuesday, March 7

all day Any cycle or strength class, Cadence
9:30 Cardio Barre w/ Danya Rogen, Zoom
11:00 Adaptive Fitness w/ Megan Williamson, Zoom
1:00 Kickboxing w/ Andi Semenik, Impact Krav Maga
2:00 Pilates w/ Alison Fudger, Core Community
6:00 '80s Power Step Aerobics (with No Step!) w/ Veronica de Jong, Emily Carr Elementary (outside, under cover)
6:30 Everyday Fitness w/ Sarah Oehm, Feel Good Everyday Fitness
7:30 Qi Gong & Yin Yoga w/ Caroline MacGillivray, Zoom

Wednesday, March 8

all day Any cycle or strength class, Cadence
7:00 The Block Class & Sound Bath w/ Katie McKenzie + Barb Mackenzie, The Modern
9:30 Zumba, Strength & Stretch, Jewish Community Centre (90 mins.)
10:00 Stretch and Kvetch w/ Sandy Rogen, Zoom
10:30 Functional Strength Training w/ Michelle Carfra, f45 Point Grey
2:00 Pilates w/ Mira Lutsky-Buchan, Core Community
5:45 WWD Wrap-Up Class, Dance Party w/ Witness the Fitness, WerkLab