

Workout for Women's Day 2021 (all times in PST)

Note: All Live Zoom Classes Available with Closed Captioning

| Sunday, March 7 | Monday, March 8 | Tuesday, March 9 | Wednesday, March 10 | Thursday, March 11 | Friday, March 12 | Saturday, March 13 | Sunday, March 14 |
|---|---|--|--|---|---|---|--|
| 9:00 AM – Kick off Class: All-levels Cardio & Strength with <u>Shana Alexander & Diana Claxton</u> (Zoom) | 7:00 AM – Qi Gong with <u>Caroline MacGillivray</u> (Zoom) | 7:00 AM - Rise and Shine: Stretch and Release with <u>Jessie Au</u> (Instagram Live) | 7:00 AM – HIIT & Functional Strength with <u>Gabby Villasenor</u> (Zoom) | 7:00 AM – Bodyweight HIIT with <u>Julie Chutter</u> (Zoom) | 7:00 AM - Friday Flow: Yummy Yoga with <u>Dr. Genieve Burley</u> (Instagram Live) | 8:00 AM – BoxHIIT with <u>Feel Gud Fitness</u> (Instagram Live) | |
| | 9:30 AM – Cardio Barre with <u>Danya Rogen</u> (Zoom) | 9:30 AM – Pilates: Core & More with <u>Talia Druker</u> (Zoom) | 9:30 AM – BIPOC Sweat & Strength with <u>Ruby Smith Diaz</u> (Zoom) | 9:30 AM - Yin & Yang Fitness: Spicy HIIT paired with Passive Yin Recovery with <u>Kelsey Ellis</u> (Zoom) | 9:30 AM - Buff Muff Workout - Full Body Core/Pelvic Floor with <u>Kim Vopni</u> (Zoom) | 9:30 AM - DANCEPL3Y Family Girl Power Class with <u>Melanie Levenberg</u> (Zoom) | 9:30 AM – Restorative Yoga with <u>Amber Payne Hepp</u> (Zoom) |
| 12:00 PM – Shadow Boxing with <u>Jaime Ward-Yassin</u> (Zoom) | 12:00 PM – Dance Fitness with <u>Pearl Cicci</u> (Instagram Live) | 12:00 PM – Yoga for Any Body with <u>Sandy Rogen</u> (Zoom) | 12:00 PM - Flashdance! Old-School Aerobics with <u>Jenn Farrell</u> (Instagram Live) | 12:00 PM - Circus Bodies - Strength & Mobility Full Body Burn with <u>Corine Latreille</u> (Zoom) | 11:00 AM – Outdoor Stroller Fitness Classes with <u>Fit4Two</u> (see schedule for more) 12:00 PM – Boxing & Conditioning with <u>Jana Finkbiner</u> (Zoom) | 11:00 AM – Prenatal Fitness with <u>Carey Yuen of Fit4Two</u> (Zoom) 12:00 PM – Pilates Strength with <u>Amilya Ladak</u> (Zoom) | 12:00 PM – Kickboxing & Conditioning with <u>Andi Davis</u> (Zoom) |
| | 5:30 PM – Kundalini Yoga with <u>Marika Richoz</u> (Zoom) | 5:30 PM – Boxing & Fitness with <u>Anna Farrant</u> (Zoom) | 5:30 PM – Adaptive Chair Fitness with <u>Megan Williamson</u> (Zoom) | 5:30 PM – Kundalini and Soul Flow with <u>Syma Shaheen</u> (Zoom) | 5:30 PM – Feel Good Yoga Flow with <u>Allyson Epp</u> (Zoom) | 4:00 PM – Outdoor Athletics Ruck Walk with <u>Amy Freeman</u> (see schedule for more) | |
| | 7:30 PM – Booty Burn with <u>Chloe Lauren</u> (Zoom) | 7:30 PM - Yin - Healing Through the Medicine Wheel with <u>Malina Dawn</u> (Zoom) | 7:30 PM – Barre with <u>Saskia Wedding</u> (Zoom) | 7:30 PM – Bollywood Dance with <u>Karima Essa</u> (Zoom) | 7:30 PM – Zumba® with <u>Asal Nikooupour</u> (Instagram Live) | | 7:30 PM – Wrap-up Class: Meditation & Pilates with <u>Katie McKenzie and Taren Grewal</u> (Zoom) |

For more information on the classes click [here](#). For more on the amazing instructors donating their time to make Workout for Women's Day happen, click [here](#). Please register for Workout for Women's Day before signing up for classes (registration opens on February 25th). For Zoom classes, sign up will be required. For Instagram Live classes, just hop onto the class at [Stronger Together Vancouver \(@strongertogethervancouver\)](#).