

Workout for Women's Day 2022 - Preliminary Schedule* (all times in PST)

Tuesday, March 1	Wednesday, March 2	Thursday, March 3	Friday, March 4	Saturday, March 5	Sunday, March 6	Monday, March 7	Tuesday, March 8
7:00 PM – Kick off Class: All-levels Cardio & Strength with Workout for Women's Day Organizers <u>Shana Alexander</u> , <u>Andi Davis</u> , and <u>Danya Rogen</u> (Zoom)	9:30 AM – STRIKE Fitness Circuit with <u>Jaime Ward-Yassin</u> (Zoom)	7:30 AM – Morning Barre Fusion with <u>Saskia Wedding</u> (Zoom)	7:30 AM – Essentrics Stretch & Tone with <u>Katia Sanon</u> (Zoom)	8:30 AM – Cardio Dance Pilates with <u>Christine Atkinson</u> (Zoom)		7:30 AM – Qi Gong with <u>Caroline MacGillivray</u> (Zoom)	
				9:00 AM – Sweaty Social Saturday with <u>Shana Alexander</u> (Outside)			
		9:30 AM – Pilates with <u>Sam Squire</u> (Zoom)	9:30 AM – Bootcamp to Benefit with <u>Shana Alexander</u> (Zoom)	10:00 AM – Family Girl Power Class with <u>DANCEPL3Y</u> (Online)	10:00 AM – Kundalini Soul Flow with <u>Syma Shaheen</u> (Zoom)	9:30 AM – Pilates with <u>Talia Druker</u> (Zoom)	9:30 AM – Meditation & Pilates with <u>Katie McKenzie</u> and <u>Taren Grewal</u> (Zoom)
			10:00 AM – Circus Bodies for All with <u>Corine Latreille</u> (Zoom)				
		12:00 PM – Cardio Barre with <u>Danya Rogen</u> (Zoom)	12:00 PM – DanceFit with <u>Johanna Ward</u> (Zoom)	12:00 PM – Yoga for Fearful Yogis with <u>Some Dance!</u> with <u>Sandy Rogen</u> (Zoom)	12:00 PM – Pilates with <u>Amilya Ladak</u> (Zoom)	12:00 PM – Kids' Krav Maga with <u>Andi Davis</u> (In Studio)	12:00 PM – Buff Muff Workout (Pelvic Floor Fitness) with <u>Kim Vopni</u> (Zoom)
			1:00 PM – Spin Class with <u>Cadence</u> (In Studio and on Zoom)	4:00 PM – Tower Stairs Workout with <u>Amy Freeman</u> (Outside)	12:00 PM – üwomb- Prenatal Yoga with <u>Tara Shayegan</u> (In Studio)		
	5:30 PM – Bring back the 80s! Power Step Aerobics with <u>Veronica de Jong</u> (Zoom)	5:30 PM – Move & Sculpt with <u>Jessie Au</u> (Zoom)	5:30 PM – Friday Night Total Body Sweat with <u>Dolores Leite</u> (Outside)	5:30 PM – Retro Dance Cardio with <u>Jenn Farrell</u> & <u>Shelby Shukaliak</u> (Zoom)		5:30 PM – Kundalini Yoga, Meditation & Breathwork with <u>Marika Richoz</u> (Zoom)	5:30 PM – Inclusive Fitness: Full Body Burn with <u>Megan Williamson</u> (Zoom)
	7:30 PM – Bliss Yoga Flow with <u>Allyson Epp</u> (Zoom)	7:30 PM – Boxing & Yoga with <u>Laurie Assaly</u> & <u>Sasha Walker</u> (Zoom)	7:30 PM – Zumba® Through the Decades with <u>Asal Nikoopour</u> (In Studio and Online)	7:30 PM – Fat Positive Yin Yoga for Deep Stretching & Relaxation with <u>Helen Camisa</u>	7:30 PM – Sunday Evening Unwind - Roll & Stretch with <u>Carey Yuen</u> (Zoom)	7:30 PM – Bollywood Dance Party with <u>Karima Essa</u> (Zoom)	7:00 PM – Wrap-Up Class: Mat Pilates with <u>Shana Alexander</u> (Zoom)

*This schedule may change before Workout for Women's Day. Follow us on Instagram [@strongertogethervancouver](https://www.instagram.com/strongertogethervancouver) and www.strongertogethervancouver.com for updates, information on the classes and sign-up information, which will be available in mid February 2022.