



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

Register at  
[www.strongertogethervancouver.com](http://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.  
12:00 Talking Trees - Forest Bathing w/ Taylor McKee of Talaysay Tours, Stanley Park (2 hrs.)  
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