



# WORKOUT FOR WOMEN'S DAY

MARCH 3-9, 2025

## Monday, March 3

- 12:00 Classic Barre w/ Tanya Schneider, Pure Barre Kitsilano
- 5:30 Run/Walk w/ Monday's Run Club, meet at Yaletown Brewing

## Tuesday, March 4

- 9:20 Barre w/ Danya Rogen, Jewish Community Centre

## Wednesday, March 5

- 9:30 Self Defense w/ Andrea Semenik, IMPACT Krav Maga & Fitness
- 5:00 Zumba w/ Asal Nikoopour, The Stack Building
- 6:15 Flow & Stretch w/ Jill Genereux, The Stack Building

## Thursday, March 6

- 9:30 Pilates Fusion w/ Saskia Wedding, Vancouver Performing Stars
- 10:45 Baby & Me Fitness w/ Carey Yuen, Vancouver Performing Stars
- 12:00 Hatha Yoga w/ Rae Roots, Casa Copal Yoga
- 12:00 Self Defense w/ Andrea Semenik & Lance Connelly, The Stack Building
- 5:00 Female '80s Artists Dance Party w/ Jess Dexter and DJ AJ Li. The Stack
- 6:15 Mat Pilates w/ Talia Druker, The Stack Building
- 6:30 Step Aerobics without the Step! w/ Veronica de Jong, Emily Carr Elem.

## Friday, March 7

- 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
- 11:00 Aerial Yoga w/ Rachel Noé, Tantra Fitness
- 12:30 Intro to Pole w/ Rachel Noé, Tantra Fitness
- 5:30 Hip Hop for All w/ Natasha Gorrie, The Dominion Building. Teens w/ an adult welcome!
- 5:30 Pilates Slow Burn w/ Amilya Ladak, Railtown Pursuits
- 5:30 Beginners' Boxing w/ Anna Kerevan, Teddy's Boxing & Fitness, Sidney (near Victoria)
- 6:15 Mega Cardio Express w/ Kiki Trudeau, Lagree West Kitsilano
- 6:30 Pop Queen Cardio w/ Pop Queen, Railtown Pursuits

## Saturday, March 8 – Int'l Women's Day!

- 9:00 Forest Walk – 3.5 km w/ Andrea Semenik, Pacific Spirit Park. Dogs and kids welcome!
- 9:00 Forest Stroll - 1.6 km for all Ages and Wheelchair Accessible w/ Shana Alexander, Megan Williamson, BC Mobility Opportunities Society, and the Disability Foundation, Pacific Spirit Park
- 10:00 Bungee Fit w/ Kimberly Mah, Tantra Fitness
- 10:30 Strong Women Lift (each other up)! w/ Jenn Farrell & Shelby Shukaliak, Witness the Fitness Gym
- 12:00 Yard Sale w/ Oriana Ramirez, Yard Athletics
- 2:30 Fight Like a Girl! w/ Abigail Heninger, Rumble Boxing Yaletown
- 3:00 RUN x LIFT Full Body Workout w/ Pamela Aldridge, Barry's
- 6:00 FREEDOM Dance Class w/ Shae Bourne, Formation Studio

## Sunday, March 9

- 10:00 Outdoor Strength Workout w/ Bar Laniado, Mackenzie Elementary
- 12:00 Intro to Pole w/ Caroline MacGillivray, Tantra Fitness
- 1:00 Aerial Yoga w/ Caroline MacGillivray, Tantra Fitness
- 1:00 Jump Rope Fitness w/ Jumping Jacqz & Allison Goldberg, Cooper's Park. All ages!

## Virtual Offering

Looking for an online session you can do any time? Check out local instructor Kelsey Ellis' [YouTube page](#), filled with 30-minute body positive fitness sessions. Make a donation [HERE](#), then try a class! Kelsey will also be featured in the WWD Silent Auction. [HERE](#).

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