

Monday

3

- 9:30-10:30 am: Strength & Cardio*
- 11:00 am-12:00 pm: Mindfulness Meditation
- 1:30-2:30 pm: Restorative Yoga*
- 3:00-3:30 pm: Orientation Session
- 6:00-7:15 pm: Hatha Yoga*

Tuesday

4

- 9:30-10:30 am: Strength & Stretch*
- 11:00 am-12:00 pm: Cooking Class: Sprouting 101 (Vancouver)
- 1:30-2:30 pm: Beginner's Strength & Stretch*
- 5:00-5:30 pm: Gratitude Meditation
- 7:00-8:00 pm: Qigong for Sleep & Relaxation*

Wednesday

5

- 9:00-10:00 am: Walking Group (Victoria)*
- 9:00-9:45 am: Luk Tung Kuen (Vancouver)*
- 10:00-11:00 am: Chair Yoga*
- 10:30 am-12:00 pm: Navigating Change, Grief, & Loss
- 1:30-2:45 pm: Gentle Yoga*

Thursday

6

- 9:30-10:30 am: Strength & Stretch*
- 5:00-5:30 pm: Orientation Session
- 7:00-7:45 pm: Guided Meditation

Friday

7

- 9:30-10:30 am: Gentle Yoga*
- 11:00-11:30 am: Orientation Session

10

- 9:30-10:30 am: Strength & Cardio*
- 11:00 am-12:00 pm: Mindfulness Meditation
- 1:30-2:30 pm: Restorative Yoga*
- 3:00-3:30 pm: Orientation Session
- 6:00-7:15 pm: Hatha Yoga*

11

- 9:30-10:30 am: Strength & Stretch*
- 11:00 am-12:00 pm: Managing Digestive Side-Effects of Treatment (Vancouver)
- 1:30-2:30 pm: Beginner's Strength & Stretch*
- 5:00-5:30 pm: Gratitude Meditation
- 7:00-8:00 pm: Qigong for Sleep & Relaxation*

12

- 9:00-10:00 am: Walking Group (Victoria)*
- 9:00-9:45 am: Luk Tung Kuen (Vancouver)*
- 10:00-11:00 am: Chair Yoga*
- 10:30 am-12:00 pm: Healthy Communication
- 1:30-2:45 pm: Gentle Yoga*

13

- 9:30-10:30 am: Strength & Stretch*
- 1:00-2:30 pm: Refreshing Drinks For All Occasions
- 5:00-5:30 pm: Orientation Session
- 7:00-7:45 pm: Guided Meditation

14

- 9:00-10:00 am: Walking Group (Vancouver)*
- 9:30-10:30 am: Gentle Yoga*
- 11:00-11:30 am: Orientation Session

17

- 9:30-10:30 am: Strength & Cardio*
- 11:00 am-12:00 pm: Mindfulness Meditation
- 1:30-2:30 pm: Restorative Yoga*
- 3:00-3:30 pm: Orientation Session
- 6:00-7:15 pm: Hatha Yoga*

18

- 9:30-10:30 am: Strength & Stretch*
- 11:00 am-12:00 pm: Nutrition & Cancer 101 (Vancouver)
- 1:30-2:30 pm: Beginner's Strength & Stretch*
- 5:00-5:30 pm: Gratitude Meditation
- 7:00-8:00 pm: Qigong for Sleep & Relaxation*

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- 9:00-10:00 am: Walking Group (Victoria)*
- 9:00-9:45 am: Luk Tung Kuen (Vancouver)*
- 10:00-11:00 am: Chair Yoga*
- 10:30 am-12:00 pm: Building Resilience
- 1:30-2:45 pm: Gentle Yoga*

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- 9:30-10:30 am: Strength & Stretch*
- 5:00-5:30 pm: Orientation Session
- 7:00-7:45 pm: Guided Meditation

21

- 9:00-10:00 am: Walking Group (Vancouver)*
- 9:30-10:30 am: Gentle Yoga*
- 11:00-11:30 am: Orientation Session

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- 9:30-10:30 am: Strength & Cardio*
- 11:00 am-12:00 pm: Mindfulness Meditation
- 1:30-2:30 pm: Restorative Yoga*
- 3:00-3:30 pm: Orientation Session
- 5:30-7:00 pm: Self-Care Workshop For Support People
- 6:00-7:15 pm: Hatha Yoga*

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- 9:30-10:30 am: Strength & Stretch*
- 11:00 am-12:00 pm: Mindful Eating (Vancouver)
- 1:00-2:00 pm: Creating Through Cancer
- 1:30-2:30 pm: Beginner's Strength & Stretch*
- 5:00-5:30 pm: Gratitude Meditation
- 7:00-8:00 pm: Qigong for Sleep & Relaxation*

26

- 9:00-10:00 am: Walking Group (Victoria)*
- 9:00-9:45 am: Luk Tung Kuen (Vancouver)*
- 10:00-11:00 am: Chair Yoga*
- 10:30 am-12:00 pm: Exploring & Caring For Your Emotions
- 1:30-2:45 pm: Gentle Yoga*

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- 9:30-10:30 am: Strength & Stretch*
- 5:00-5:30 pm: Orientation Session
- 7:00-7:45 pm: Guided Meditation

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- 9:00-10:00 am: Walking Group (Vancouver)*
- 9:30-10:30 am: Gentle Yoga*
- 11:00-11:30 am: Orientation Session

Join us for our In-Person walking groups!*

Fridays in Vancouver @ 9:00 am & Wednesdays in Victoria 9:00 am.

NEW CLASS!

Luk Tung Kuen
Time: Wednesdays @ 9:00 am
Location: In-Person, Vancouver

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Orientation Session

Education

Exercise

Nutrition

Self-Care & Stress-Reduction

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