

August 2026 Class Calendar

FREE classes to support the physical, mental, and emotional well-being of cancer patients and their loved one. Classes are offered virtually, unless specified.

**Individualized assessments required prior to exercise classes.*

Monday	Tuesday	Wednesday	Thursday	Friday	
	4 9:30-10:30 am: Strength & Stretch* 11:00 am-12:00 pm: Nutrition Workshop – Mindful Eating (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*	5 9:00 am-3:30 pm: LIFE Program (Vancouver) 👤 9:00-9:45 am: Gentle Morning Movement (Kelowna) 👤 10:00-11:00 am: Chair Yoga* 1:30-2:30 pm: Strength & Cardio*	6 9:00-10:00 am: Walking Group (Kelowna)*👤 9:30-10:30 am: Strength & Stretch* 7:00-7:45 pm: Guided Meditation	7 9:00-10:00 am: Walking Group (Victoria)* 👤 9:30-10:45 am: Gentle Yoga - Level 1*	
	10 9:30-10:30 am: Strength & Cardio* 11:00 am-12:00 pm: Mindfulness Meditation 7:00-8:15 pm: Hatha Yoga*	11 9:30-10:30 am: Strength & Stretch* 11:00 am-12:00 pm: Nutrition Workshop – Supporting Your Immune System (Kamloops & 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 9:00-9:45 am: Gentle Morning Movement (Vancouver, Kamloops, & Kelowna)👤 10:00-11:00 am: Chair Yoga* 10:30 am-12:00 pm: Inspired Conversations: Exploring & Caring for your Emotions 1:30-2:30 pm: Strength & Cardio*	13 9:00-10:00 am: Walking Group (Kelowna)*👤 9:30-10:30 am: Strength & Stretch* 11:00 am–12:30 pm: Exercise & Lymphatic Health Education Session 1:00-3:00 pm: Creative Arts Workshop (Vancouver) 👤 7:00-7:45 pm: Guided Meditation	14 9:00-10:00 am: Walking Group (Vancouver & Victoria)*👤 9:30-10:45 am: Gentle Yoga - Level 1*
	17 9:30-10:30 am: Strength & Cardio* 11:00 am-12:00 pm: Mindfulness Meditation (Kamloops) 👤📺 7:00-8:15 pm: Hatha Yoga*	18 9:00 am-3:30 pm LIFE Program (Victoria) 👤 9:30-10:30 am: Strength & Stretch* 11:00 am-12:00 pm: 粵語營養講座 - 骨骼健康 Nutrition Workshop – Supporting Your Bone Health in Cantonese (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*	19 9:00 am-3:30 pm LIFE Program (Kamloops) 👤 9:00-9:45 am: Gentle Morning Movement (Vancouver, Kamloops, & Kelowna)👤 10:00-11:00 am: Chair Yoga* 1:30-2:30 pm: Strength & Cardio* 5:30-7:00 pm: Self-Care Workshop for Support People	20 9:00-10:00 am: Walking Group (Kelowna)*👤 9:30-10:30 am: Strength & Stretch* 2:00-3:30 pm: Simple Baking & Shared Stories (Vancouver) 👤 7:00-7:45 pm: Guided Meditation	21 9:00-10:00 am: Walking Group (Vancouver & Victoria)* 👤 9:30-10:45 am: Gentle Yoga - Level 1*
	24 9:30-10:30 am: Strength & Cardio* 11:00 am-12:00 pm: Mindfulness Meditation (Kamloops) 👤📺 7:00-8:15 pm: Hatha Yoga*	25 9:30-10:30 am: Strength & Stretch* 11:00 am-12:00 pm: Nutrition Q&A Session 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 9:00-9:45 am: Gentle Morning Movement (Vancouver & Kamloops)* 👤 10:00-11:00 am: Chair Yoga* 1:30-2:30 pm: Strength & Cardio*	27 9:30-10:30 am: Strength & Stretch* 1:00-2:30 pm: Cooking Demo – Omega-3 Power: Delicious Cooking with Mackerel (Vancouver)👤📺 7:00-7:45 pm: Guided Meditation	28 9:00-10:00 am: Walking Group (Vancouver)* 👤 9:30-10:45 am: Gentle Yoga - Level 1*
31 9:30-10:30 am: Strength & Cardio* 11:00 am-12:00 pm: Mindfulness Meditation 7:00-8:15 pm: Hatha Yoga*	Get Started & Register Now! inspirehealth.ca 1.888.734.7125  New to InspireHealth? Join an orientation session. - Mondays @ 3:00 pm (Virtual) - Wednesdays @ 4:00 pm (Vancouver) - Thursdays @ 5:00 pm (Virtual)				

Get Started & Register Now!

inspirehealth.ca
1.888.734.7125
info@inspirehealth.ca



New to InspireHealth?
Join an orientation session.

- Mondays @ 3:00 pm (Virtual)
- Wednesdays @ 4:00 pm (Vancouver)
- Thursdays @ 5:00 pm (Virtual)
- Fridays @ 11:00 am (Virtual)