

IRVINE

Oncology Fitter Image Program

We request that participants receive physician approval prior to starting a Fitter Image class.

Soothing Pilates and Yoga Fusion

Soothing and relaxing class that combines toning Pilates exercises with relaxing yoga movements. Improves flexibility, strength, balance and coordination.

**Mondays, 10-11 AM, Irvine Cancer Center 2nd floor,
Canyon/Creek Conference Room**

Gentle Yoga for Cancer Care (Women's Group)

A gentle, restorative yoga and meditation practice utilizing sound healing and Tibetan singing bowls to aid in relaxation. Good for all levels of ability and is appropriate during cancer treatment.

**Mondays, 1:45-2:45 PM, Irvine Cancer Center 2nd floor,
Canyon/Creek Conference Room**

Gentle Qigong

Qigong is a complementary health practice to aid in self-healing, maintain health, and achieve longevity. This ancient Chinese health system consists of gentle exercises that combine breath, slow movement, self-acupressure massage, and meditation to harmonize the body, mind and spirit. Simple yet profound, qigong can help to reduce stress, strengthen the immune system, improve balance, and maintain a youthful vitality.

**Tuesdays, 10:00-11:15 AM, Irvine Cancer Center 2nd floor,
Canyon/Creek Conference Room**

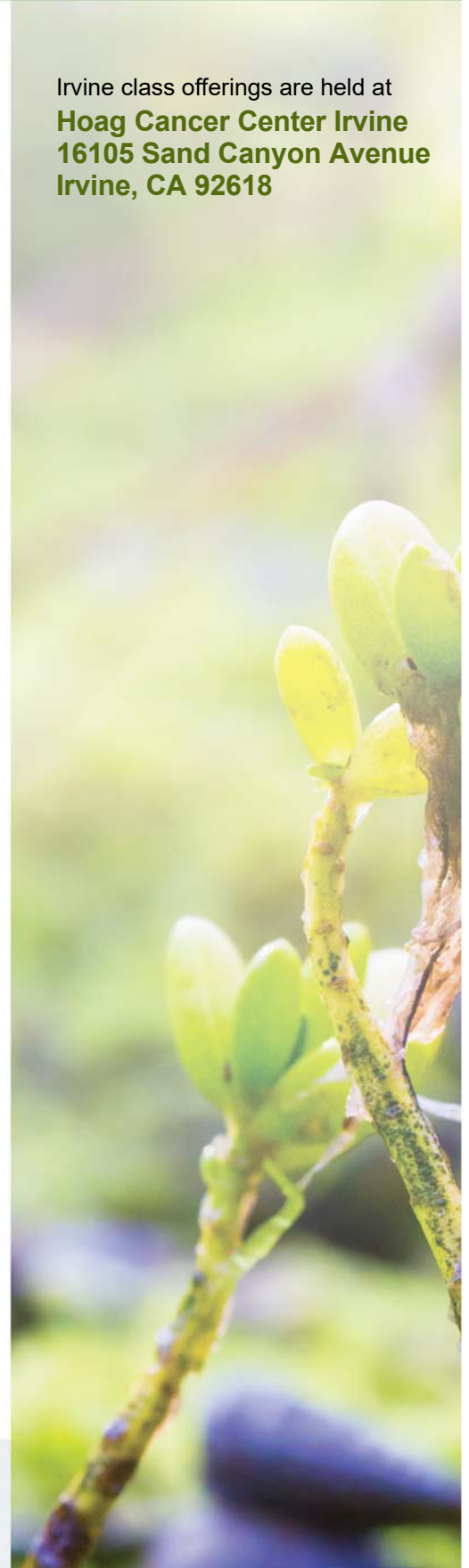
Restorative Yoga

Conscious body and mind relaxation with gentle, supported stretching.

**Wednesdays, 4-5 PM, Irvine Cancer Center 2nd floor,
Canyon/Creek Conference Room**

Irvine class offerings are held at
Hoag Cancer Center Irvine
16105 Sand Canyon Avenue
Irvine, CA 92618

For more information, call Hoag Family Cancer Institute at 949-7-CANCER or visit www.hoag.org/cancersupport



CLASS DESCRIPTIONS

Hoag Family Cancer Institute offers a variety of classes geared towards different fitness levels. Please read the descriptions below so you can select the most appropriate class for you.

Therapeutic Fitness Classes for Active Treatment

Classes offered to fit the needs of survivors who are currently in active treatment. Gentle movements, postures and relaxation designed to fit the specific physical and emotional needs of patients undergoing treatment.

- Restorative Yoga
- Gentle Yoga for Cancer Care (Women's Group)
- Gentle Qigong

Beginner / Intermediate Fitness Levels

Exercise classes recommended for patients who have recently completed their cancer treatment or are up to three years post treatment. These classes are also suggested for a person who has limited mobility or has not exercised recently. Designed to continue to rebuild strength, balance and flexibility post treatment.

- Restorative Yoga
- Soothing Pilates & Yoga
- Gentle Yoga for Cancer Care (Women's Group)
- Gentle Qigong

Intermediate / Advanced Fitness Levels

Recommended for survivors 3-5 years post treatment or for physically active survivors. Designed to move at a faster pace and consists of more advanced postures and energy levels as well as stress relief and relaxation techniques.

- Soothing Pilates & Yoga
- Gentle Yoga for Cancer Care (Women's Group)