

NEWPORT BEACH

Oncology Fitter Image Program



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

Energizing Cardio and Toning Mix

Combination intervals of aerobic movement with intervals of toning exercises. Incorporates varied disciplines such as ballet, salsa, kickboxing, aerobics and stretching.

Mondays, 4:15-5:15 PM, Newport Beach Cancer Auditorium

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, 5:15-6:15 PM, Newport Beach Cancer Auditorium

Restorative Yoga

Conscious body and mind relaxation with gentle, supported stretching.

Tuesdays, 4-5PM, Newport Beach Cancer Auditorium

Pilates Mat Class

Enjoy strengthening, lengthening and tightening benefits with emphasis on the core, hips and thighs. Foam roller and mat required.

Wednesdays, 4:30-5:30PM, Newport Beach Cancer Auditorium

Yoga

Progressive movement into yoga postures seated in chairs, standing up and lying down on the floor. Focus on breathing throughout with frequent rest periods for assessment and transitions.

****New Day & Time Beginning February 13, 2020**

Thursdays, 10:00-11:00AM, Newport Beach Cancer Auditorium

Gentle Qigong

Gentle exercises that combine breath, slow movement, self-acupressure massage, and meditation to harmonize the body, mind and spirit.

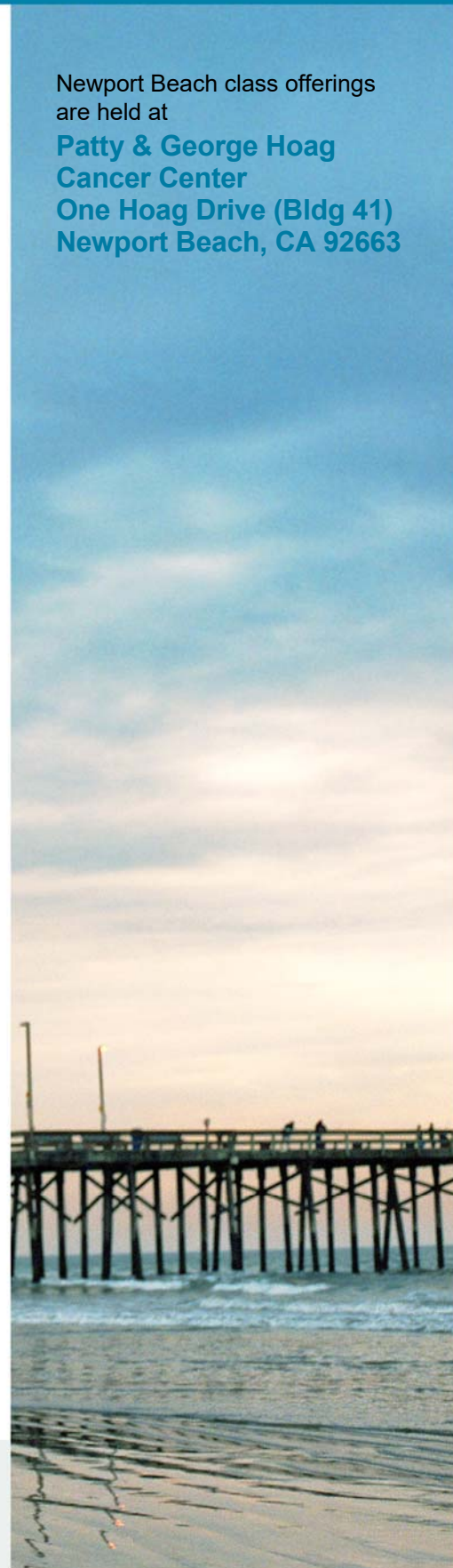
**** New Class Beginning February 7, 2020**

Fridays, 12:30-1:45PM, Newport Beach Cancer Auditorium

Newport Beach class offerings are held at

**Patty & George Hoag
Cancer Center
One Hoag Drive (Bldg 41)
Newport Beach, CA 92663**

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



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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.

- Gentle Qigong
- Restorative Yoga
- Yoga

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.

- Gentle Qigong
- Pilates
- Restorative Yoga
- Soothing Pilates & Yoga
- Yoga

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.

- Energizing Cardio and Toning
- Pilates Soothing Pilates & Yoga
- Soothing Pilates & Yoga

Updated 1/28/2020