

# Melinda Hoag Smith Center for Healthy Living

307 Placentia Avenue, Newport Beach, CA 92663

For more information, please call (949) 764-6551 or visit us at [www.hoag.org](http://www.hoag.org)

## WELLNESS CLASS SCHEDULE

Space is limited for our wellness classes. If you are interested in signing up, please text your: **Full Name, Class Name, Class Date/s & Time to 949-345-0721**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00AM	Body Conditioning 9:00-10:00am (Kenny)		Zumba 9:00-10:00am (Kenny)		Zumba 9:00-10:00am (Lucero)	Zumba/Pilates 9:00-10:00am (Lucero)
9:30AM						
10:00AM		Zumbini 10:00-10:45am (Lucero)				Hip-Hop 10:00-10:45am (Don)
10:30AM	Yoga 10:30-11:45am (Maria)		Yoga 10:30-11:45am (Maria)		Yoga 10:30-11:45am (Maria)	
11:00AM		Pilates 11:00am - 12:00pm (Lucero)				Hip-Hop 11:00-11:45am (Don)
11:30AM						
12:00PM						
12:30PM						
1:00PM					Balance & Stretching 1:00-2:00pm (Christine)	
1:30PM						
2:00PM						
2:30PM						
3:00PM						
3:30PM					Ballet 3:30-4:30pm	
4:00PM						
4:30PM	Fit First Bootcamp Group A 4:30-5:30pm	Ballet 4:30-5:30pm		Fit First Bootcamp Group A 4:30-5:30pm	Ballet 4:30-5:30pm	
5:00PM						
5:30PM	Fit First Bootcamp Group B 5:30-6:30pm			Fit First Bootcamp Group B 5:30-6:30pm		
6:00PM		Zumba 6:00-7:00pm (Lucero)	Pilates 6:00-7:00pm (Lucero)			
6:30PM					Drumming 6:30-8:00pm (Jamie)	
7:00PM	Zumba 7:00pm-8:00pm (Lucero)	Pilates 7:00pm-8:00pm (Lucero)	Zumba 7:00pm-8:00pm (Lucero)	Zumba 7:00pm-8:00pm (Lucero)		
7:30PM						
8:00PM						

### CLASS

**INFORMATION:** Zumba - Adults only, Wed. 9-10am class w/ Kenny, All other Zumba classes w/ Lucero

Pilates - Adults only, Instructor: Lucero

Body Conditioning - Designed for 13+, Instructor: Kenny

Yoga - All-levels, Designed for 9+, Instructor: Maria

Zumbini - Ages 0-4, Instructor: Lucero, 8 week sessions

Drumming for stress reduction - Adults only, Instructor: Jamie

Balance & Stretching - Designed for 50+, Instructor Christine, 12 week sessions

Hip-Hop - 6-7 year olds: 10-10:45am, 8-12 year olds: 11-11:45am, Instructor: Don, 8 week sessions

Ballet - Tuesdays = 8-12 year olds : 4:40-5:30pm Fridays = 3-5 year olds: 3:30-4:30pm, 6-10 year olds: 4:30-5:30pm, 6 week sessions

Fit First Bootcamp - Group A = 8-11 years old, Group B = 12-15 years old, 7 week sessions