

New & Additional Fitness Classes! Health Lectures & Wellness Events!

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**Yoga Basics New Time:
9 a.m. starting in August!**
🌿 = New Fitness Classes
🍎 = Free Health Lectures
RSVP at www.thecoretmc.com

		1 Move with The J 9A 🌿 Core & More 10A \$ 🌿 Intro to Flow Yoga 12p 🍎 MMW Health Coach - Check-Ins 5:15P	2 Yoga Basics 9A \$ 🌿 Strength & Balance 10:30A \$ Circuit Training 11:30A \$	3 Intermediate Tai Chi 9:30A \$ Beginning Tai Chi 10:45A \$	4 🍎 SAR Social Run & Yoga for Runners 6A Zumba 12P \$ Let's Get Lean 1:15P \$
6	7 🌿 Strength & Balance 10:30A \$ Circuit Training 11:30A \$	8 Move with The J 9A 🌿 Core & More 10A \$ 🌿 Intro to Flow Yoga 12P	9 Yoga Basics 9A \$ 🌿 Strength & Balance 10:30A \$ Circuit Training 11:30A \$	10 Intermediate Tai Chi 9:30A \$ Beginning Tai Chi 10:45A \$	11 Zumba 12P \$
Beginning Tai Chi 1:30P \$	13	14 🍎 Conquering Workplace Worry - An Integrative Approach to Stress Management 8:30A 🌿 Strength & Balance 10:30A \$ Circuit Training 11:30A \$	15 Move with The J 9A 🌿 Core & More 10A \$ 🌿 Intro to Flow Yoga 12P	16 Yoga Basics 9A \$ 🌿 Strength & Balance 10:30A \$ Circuit Training 11:30A \$	17 Intermediate Tai Chi 9:30A \$ Beginning Tai Chi 10:45A \$
🍎 Healthy Pregnancy Class 2P	20	21 🌿 Strength & Balance 10:30A \$ Circuit Training 11:30A \$	22 Move with The J 9A 🌿 Core & More 10A \$ 🌿 Intro to Flow Yoga 12P	23 Yoga Basics 9A \$ 🌿 Strength & Balance 10:30A \$ Circuit Training 11:30A \$	24 Intermediate Tai Chi 9:30A \$ Beginning Tai Chi 10:45A \$
Beginning Tai Chi 1:30P \$	27	28 🌿 Strength & Balance 10:30A \$ Circuit Training 11:30A \$ TMC Employee New Mover Mixer 5:30P	29 Move with The J 9A 🌿 Core & More 10A \$ 🌿 Intro to Flow Yoga 12P TMC RN New Graduate Mixer 5:30P	30 Yoga Basics 9A \$ 🌿 Strength & Balance 10:30A \$ Circuit Training 11:30A \$	31 🍎 The Art of Slowing Down 10A Zumba 12P \$ Let's Get Lean 1:15P \$

Fitness Classes and Wellness events are free or \$5 unless otherwise noted.

🍎 **Health Lectures are always free!**

\$ = \$5 Class | RSVP at www.thecoretmc.com

AUGUST 2017

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● Health Lectures are always free!

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● Know Your Numbers Health Coach Check-Ins Meet Me Wednesday @ St. Philips Plaza

Wednesday, Aug. 3, 5:15P

Join The Core and Molly Griffis, RN and Health Coach, for your free "Know Your Numbers" check-ins. Check in for MMW and then come see Molly in the St. Philips Plaza courtyard to get an update on your weight, blood pressure, body fat percentage and BMI.

● SAR Social Run and Yoga for Runners

Saturday, Aug. 5

The Core and SAR are hosting the running community for a social run, snacks and post-run yoga class geared towards all those running muscles we tend to neglect.

6A Social Run: We'll have 2, 4 and 6-mile route options. Feel free to run more/less as your feet move you. Come ready to run!!

7:15A Yoga For Runners: Stick around at The Core for Yoga For Runners. This all levels yoga class is great for targeting those muscles and sore spots that runners tend to neglect. We have a limited supply of mats. Please bring your own if you can!

● Conquering Workplace Worry - An Integrative Approach to Stress Management

Tuesday, Aug. 15, 8:30A

Molly Griffis, RN & Health Coach

Join Molly Griffis, RN and Holistic Health Coach, for an engaging presentation highlighting healthy lifestyle choices and mindfulness techniques to reduce work place stressors. These quick tips and tricks can be done on the job or from home so no matter where you work, you can benefit from these mindful wellness tools!

TMC and the Tucson Hispanic Chamber of Commerce Health Committee bring this lecture to you free of charge! Light refreshments provided.

● Healthy Pregnancy Class

Sunday, Aug. 20, 2P

Margie Letson, Childbirth Educator

Join Margie Letson, childbirth educator and certified doula through the International Childbirth Education Association for a class designed for newly expectant parents. Offering guidance on how to have the healthiest pregnancy possible, you will learn about nutrition, exercise, fetal development, physical and emotional changes during pregnancy and more!

● The Art of Slowing Down

Saturday, Aug. 26, 10A

Amanda Freed, Certified Meditation Coach

In the busy moment-to-moment multi-tasking world we live in, do you ever find yourself asking if you have it all? Or are you just doing it all at once? Join Amanda Freed, for an interactive presentation on the art of slowing down. Allow yourself to experiment with shifting your perspective towards slowing down, being more mindful and savoring each moment.

Amanda will be leading a "Mindful Meditation" 4-week workshop in September. Register now, as space is limited.

RN New Graduate Mixer

Wednesday, Aug. 30, 5:30P

Join us at The Core for an opportunity to meet with TMC clinical leadership and learn more about the RN New Graduate Residency Program. Appetizers, door prizes and more! Please make sure to register online prior to the event.

★ New Fitness Classes!

Core & More - Wednesdays @ 10A

Combine standard exercises like planks and jumping jacks with Pilates core ball moves. The unbalanced nature of the ball engages more muscles for a high intensity, total body strength work out. Little ball, big results!

Strength & Balance Tuesdays and Thursdays @ 10:30A

Strength and Balance class is a total body workout focused on the foundations of core stabilization and training muscles necessary for more intense weight loading exercises. This class is great for anyone looking to cross-train, add more strength training to your exercise regimen or jump start a fitness routine.

Intro To Flow Yoga Wednesdays @ 12P

This class will build upon a solid foundation of synchronizing breath with movement while emphasizing safe alignment. The "Vinyasa" sequence will be explored, modified and expanded upon. This slow format focuses on the mind-body connection and yoga as therapeutic process for improving vitality!

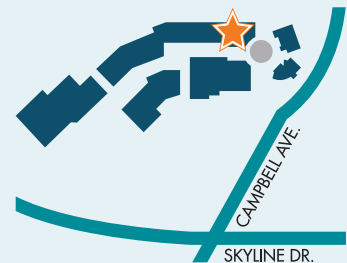


Tucson Medical Center is your nonprofit community hospital, proud to be a core part of Tucson for more than 70 years.

The Core continues that commitment to improving the health and well-being of our community by creating a venue to engage you and your family, while empowering you with the tools to take control of your health:

- Doctor Presentations
- Health Lectures
- Fitness Classes
- Wellness Activities
- Nutrition Assessments & Health Coaching
- Access to Medical Records & Health Information

Our approach is personalized to your individual goals and will complement the relationship with your physician.



La Encantada Shopping Center
upper level

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