

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

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

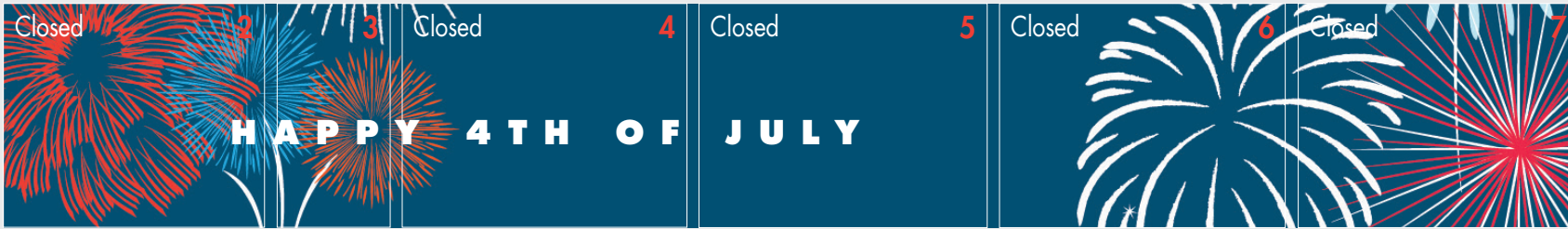
Fitness Classes and Wellness events are free or \$5 unless otherwise noted.

Health Lectures are always free!

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



HITT \$ 1
12P
Let's Get Lean \$
1P



HITT \$ 8
12P
Let's Get Lean \$
1P

Beginning Tai Chi \$ 9
2:30P

10

Circuit Training \$ 11
11:30A

Body Combat with The J 12
9A
Yoga Wednesday 12P
Meet Me Wednesdays
Health Coach Check-Ins
5P

Yoga Basics \$ 13
10A
Circuit Training \$
11:30A

Intermediate Tai Chi \$ 14
9:30A
Beginning Tai Chi \$
10:45A

The Art of Saying No 15
10A

16

17

Circuit Training \$ 18
11:30A

Zumba with The J 19
9A

Yoga Basics \$ 20
10A
Circuit Training \$
11:30A

Intermediate Tai Chi \$ 21
9:30A
Beginning Tai Chi \$
10:45A

HITT \$ 22
12P
Let's Get Lean \$
1P

Beginning Tai Chi \$ 23
2:30P

24

TMC ACT Program Intro – Experienced RNs 25
5:30P

Body Combat with The J 26
9A
Yoga Wednesday 12P

Yoga Basics \$ 27
10A
Save A Life, Don't Give Up – Compression Only CPR
5:30P

Intermediate Tai Chi \$ 28
9:30A
Beginning Tai Chi \$
10:45A

HITT \$ 29
12P
Let's Get Lean \$
1P

30

31

July 2017

Meet Me Wednesdays: Know Your Number Check-Ins

Wednesday, July 12, 5P

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.

Summer Lecture Series: The Art of Saying NO

Saturday, July 15, 10A

Are you one of those people that's always on the go, saying yes to every opportunity only to feel depleted by the end of each day? Is saying "no" something that you often wish you were better at? You're not alone!

Join Amanda Freed, RYT and lululemon legacy ambassador, as she discusses the art and practice of saying no. Take away

tips on how you can offer a "nonnegative no" as well as learning to say no to others in order to say YES to yourself!

"The Art of Saying No" is a part of a summer lecture series at The Core. Join us in August for the third lecture of the series with Amanda, "The Art of Slowing Down."

TMC ACT Program – Experienced RNs

Tuesday, July 25, 5:30-7P

Are you looking to enter or re-enter bedside acute care nursing? Tucson Medical Center's Acute Care Transition Program (ACT) can help provide the education and support you are looking for to grow your nursing skills!

Join TMC at The Core for a fun and informative presentation on how the ACT program can work for you. The doors will open at 5:30 p.m. and the presentation will begin at 6:00 p.m.

Save a Life, Don't Give Up!

Thursday, July 27, 5:30P

Would you know what to do if a loved one – or even a total stranger – suddenly collapsed nearby? When real estate broker Gary Brauchla's heart stopped in 2012, his wife knew to immediately begin CPR until rescuers could arrive.

Join Gary as he shares his story of survival and teaches you two life-savings steps: Call 911 and push hard and fast on the chest in uninterrupted rhythm to the Bee Gees hit "Stayin' Alive." You will get the opportunity to practice this technique on mannequins during the class.

This is not a certified CPR class. It serves as a great refresher or introduction to this life saving technique. You do not have to have CPR certification to participate.

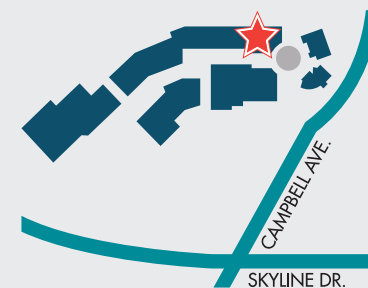


Tucson Medical Center is your nonprofit community hospital, proud to be a core part of Tucson for more than 70 years.

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

2905 East Skyline Drive, Suite 277

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www.TheCoreTMC.com

Find us on Facebook and Instagram so you can stay connected to The Core wherever you go!



Facebook Page: The Core at La Encantada



Instagram: @TheCoreTMC