

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

				Core & Stretch \$ 9A 1	Intermediate Tai Chi \$ 9:30A 2	HIIT \$ 12P 3
				Yoga Basics \$ 10A	Beginning Tai Chi \$ 10:45A	Let's Get Lean \$ 1:15P
				Circuit Training \$ 11:30A		
Beginning Tai Chi \$ 2:30P 4	5	Core & Stretch \$ 10:30A 6	Zumba with The J 10A 7	Core & Stretch \$ 9A 8	Intermediate Tai Chi \$ 9:30A 9	HIIT \$ 12P 10
		Circuit Training \$ 11:30A	Yoga Wednesdays 12P "Know Your Numbers" Check-Ins at Meet Me Wednesdays 5P	Yoga Basics \$ 10A	Beginning Tai Chi \$ 10:45A	Let's Get Lean \$ 1:15P
				Circuit Training \$ 11:30A		
Beginning Tai Chi \$ 2:30P 11	12	Core & Stretch \$ 10:30A 13	Body Combat with The J 10A 14	Core & Stretch \$ 9A 15	Intermediate Tai Chi \$ 9:30A 16	The Art of Self-Compassion 10A 17
		Circuit Training \$ 11:30A	Yoga Wednesdays 12P	Yoga Basics \$ 10A	Beginning Tai Chi \$ 10:45A	HIIT \$ 12P
				Circuit Training \$ 11:30A		Let's Get Lean \$ 1:15P
Happy Father's Day! 18	19		Zumba with The J 10A 21	Yoga Basics \$ 10A 22		HIIT \$ 12P 24
			Yoga Wednesdays 12P			Let's Get Lean \$ 1:15P
Healthy Pregnancy Class 2P 25	26		Qi Gong with The J 10A 28	Yoga Basics \$ 10A 29	Intermediate Tai Chi \$ 9:30A 30	
			Yoga Wednesdays 12P		Beginning Tai Chi \$ 10:45A	



**Meet Me Wednesday
Know Your Numbers
Check-Ins**

Wednesday, June 7, 5 p.m.

The Core will be at Meet Me Wednesday courtyard at St. Philips Plaza offering free "Know Your Numbers" check-ins. Molly Griffiths, RN & Health Coach at The Core will provide check-ins that includes your weight, blood pressure and BMI.

The Art of Self-Compassion

Saturday, June 17, 10 a.m.

Amanda Freed, RYT

Given the current global climate, there's no time like the present to cultivate a culture of compassion. The first step, and often the missing link, is learning to treat yourself with compassion. Join Amanda Freed, RYT and lululemon legacy ambassador, for an interactive presentation "The Art of Self-Compassion." Get helpful advice and learn take-home techniques on how to find the balance between selfless-compassion and self-compassion in your life.



New Fitness Class! HIIT

**Every Saturday in June,
12 p.m.**

Join The Core fitness instructor, Joanna Dinan, for a low-impact, high-intensity cardio class designed to make you feel the burn! This interval style class is suitable for all levels, incorporating upper and lower body exercises to strengthen your muscles and work up a sweat.

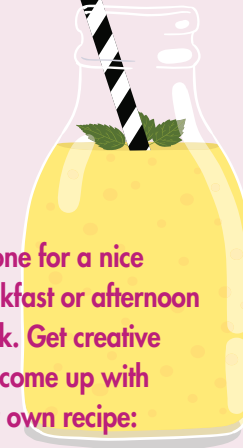
Healthy Pregnancy Class

Sunday, June 25, 2 p.m.

Join Margie Letson, childbirth educator and certified doula through the International Childbirth Education Association for a FREE 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!

This presentation is perfect for those who are planning on becoming pregnant and particularly useful for those in their first trimester of pregnancy but anyone can benefit. Couples are encouraged to attend together!

Summer Smoothies



Smoothies can be a tasty and healthy way to get more fruit and vegetables into your daily diet. Unfortunately, many of the smoothies you find in grocery stores make it easy to consume more calories than you really want. By making your own instead, you can control what does and does not go into them.

Try one for a nice breakfast or afternoon snack. Get creative and come up with your own recipe:

Tips

- Make a smoothie with yogurt, milk or calcium-fortified soymilk to boost your calcium and protein intakes. If using Greek yogurt, you may have to add a little milk or juice to get the right consistency.
- For easier blending, pour the liquid (or yogurt) into your blender before adding fruit and vegetables.
- Peel and slice bananas, then store them in the freezer for a convenient addition to your smoothies. Bananas not only sweeten but also thicken a smoothie.
- Try a dash of nutmeg or allspice to add a little extra flavor to your smoothie.
- To add volume without adding calories, toss in some ice cubes before blending. This will give your smoothie a slushier texture.

1. Start with a liquid base, such as milk, orange juice or even yogurt.
2. Add a couple of servings of fresh or frozen fruit. Aim for at least 1 cup of fruit per smoothie.
3. Try adding a vegetable or two. Someone who doesn't usually love vegetables may enjoy them more when they are blended with other foods.
4. Blend the ingredients until well mixed and creamy. Don't worry if your smoothie isn't completely smooth. A little texture makes it more interesting.

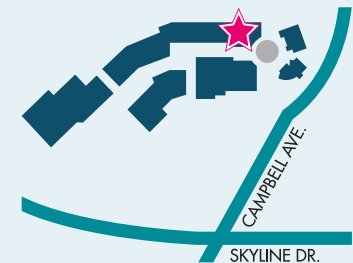


Tucson Medical Center is your nonprofit community hospital, proud to be a core part of Tucson for more than 70 years.

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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