

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



<p><b>May is Women's Health Month at TMC</b></p>	<p><b>1</b> Little Yogis w-2 y/o \$ 9:30A *registration req. Core &amp; Stretch \$ 10:30A Circuit Training \$ 11:30A</p>	<p><b>2</b> Core &amp; Stretch \$ 10:30A Circuit Training \$ 11:30A</p>	<p><b>3</b> <b>PiYo with The J</b> 10A <b>Yoga Wednesdays</b> 12P *<b>"Know Your Numbers" Check-Ins at Meet Me Wednesdays</b> 5P</p>	<p><b>4</b> Core &amp; Stretch \$ 9A Yoga Basics \$ 10A Circuit Training \$ 11:30A</p>	<p><b>5</b> Intermediate Tai Chi \$ 9:30A Beginning Tai Chi \$ 10:45A Gentle Floor Yoga \$ 12:30P</p>	<p><b>6</b> <b>lululemon Festival 520 participant!</b> Little Yogis 2-4 y/o \$ 9A *registration req. <b>Zumba</b> 12P <b>Let's Get Lean</b> 1:15P *<b>The Art of Slowing Down: Mindfulness over Multitasking</b> 2:30P</p>	
<p>*<b>SAR Running Safety and Personal Defense</b> 2P</p>	<p><b>7</b></p>	<p><b>8</b> Little Yogis w-2 y/o \$ 9:30A *registration req. Core &amp; Stretch \$ 10:30A Circuit Training \$ 11:30A</p>	<p><b>9</b> Little Yogis w-2 y/o \$ 9:30A *registration req. Core &amp; Stretch \$ 10:30A Circuit Training \$ 11:30A</p>	<p><b>10</b> <b>Body Combat with The J</b> 10A <b>Yoga Wednesdays</b> 12P *<b>Protecting Your Heart &amp; Brain Through Prevention</b> 2P</p>	<p><b>11</b> Core &amp; Stretch \$ 9A Yoga Basics \$ 10A Circuit Training \$ 11:30A</p>	<p><b>12</b> Intermediate Tai Chi \$ 9:30A Beginning Tai Chi \$ 10:45A Chair Yoga \$ 12:30P</p>	<p><b>13</b> Little Yogis 2-4 y/o \$ 9A *registration req. *<b>Running and Pregnancy</b> 10:30A Zumba \$ 12P Let's Get Lean \$ 1:15P</p>
<p><b>Mother's Day</b> 14</p> <p>Beginning Tai Chi \$ 2:30P</p>	<p><b>15</b></p>	<p><b>16</b> Little Yogis w-2 y/o \$ 9:30A *registration req. Core &amp; Stretch \$ 10:30A Circuit Training \$ 11:30A</p>	<p><b>17</b> <b>Zumba with The J</b> 10A <b>Yoga Wednesdays</b> 12P *<b>Contraceptives 101</b> 5:30P</p>	<p><b>18</b> Core &amp; Stretch \$ 9A Yoga Basics \$ 10A Circuit Training \$ 11:30A</p>	<p><b>19</b> Intermediate Tai Chi \$ 9:30A Beginning Tai Chi \$ 10:45A Gentle Floor Yoga \$ 12:30P</p>	<p><b>20</b> Little Yogis 2-4 y/o \$ 9A *registration req. *<b>Mindful Consumer: Taking the Steps to Get There</b> 10:15A Zumba \$ 12P Let's Get Lean \$ 1:15P</p>	
<p><b>Children's Miracle Network Zumbathon</b> \$10 1-4P</p>	<p><b>21</b></p>	<p><b>22</b> Core &amp; Stretch \$ 10:30A Circuit Training \$ 11:30A *<b>Common Shoulder Problems in Active Women</b> 5:30P</p>	<p><b>23</b> Core &amp; Stretch \$ 10:30A Circuit Training \$ 11:30A *<b>Common Shoulder Problems in Active Women</b> 5:30P</p>	<p><b>24</b> <b>PiYo with The J</b> 10A <b>Yoga Wednesdays</b> 12P</p>	<p><b>25</b> Core &amp; Stretch \$ 9A Yoga Basics \$ 10A Circuit Training \$ 11:30A</p>	<p><b>26</b> Intermediate Tai Chi \$ 9:30A Beginning Tai Chi \$ 10:45A Chair Yoga \$ 12:30P</p>	<p><b>27</b> Zumba \$ 12P Let's Get Lean \$ 1:15P</p>
<p>Closed</p>	<p><b>28</b></p>	<p><b>29</b> Core &amp; Stretch \$ 10:30A Circuit Training \$ 11:30A</p>	<p><b>30</b> Core &amp; Stretch \$ 10:30A Circuit Training \$ 11:30A</p>	<p><b>31</b> <b>Zumba with The J</b> 10A <b>Yoga Wednesdays</b> 12P</p>	<p><b>Fitness Classes and Wellness events are free or \$5 unless otherwise noted. Health Lectures are always free!</b></p>		<p><b>\$ = \$5 Class</b> RSVP at <a href="http://www.thecoretmc.com">www.thecoretmc.com</a></p> <p>*<b>Free Women's Health Month Events</b> Free Fitness Classes</p>

### Meet Me Wednesdays Know Your Numbers Check-Ins Wednesday, May 3, 5 p.m.

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

### The Art of Slowing Down: Mindfulness over Multitasking Saturday, May 6, 2:30 p.m.

Amanda Freed, RYT

In the busy moment to moment multitasking world we live in, do you ever find yourself asking if you have it all or are you just doing it all... at once? The art of slowing down or "uni-tasking" can be an effective tool that will give you more time and enjoyment in your everyday life!

Join Amanda Freed, RYT and lululemon legacy ambassador, 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.

*This event is a part of lululemon Festival 520! Join us at La Encantada for a day full of fitness and fun brought to you by lululemon.*

### Running Safety and Personal Defense Class Sunday, May 7, 2 p.m.

In partnership with the Southern Arizona Roadrunners

This class gives a brief overview of running safety tips provided by SAR and is followed up with a hands-on self-defense class. Participants will be shown practical self-defense techniques and will be allowed to practice these moves under the guidance of a certified instructor. Open to everyone, please come dressed for activity!

### Protecting Your Heart & Brain through Prevention Wednesday, May 10, 2 p.m.

Molly Griffis, RN & Health Coach

Preventative medicine is the silver lining of health care but did you know that there are things that you can do every day to keep your heart and brain health and strong?

Join Molly Griffis, RN & Health Coach at The Core as she explores the power of prevention for women's health. With small changes to your daily habits and up to date education women's heart and brain health, you can learn the tools and take charge of your health!

### Running & Pregnancy Saturday, May 13, 10:30 a.m.

Erin Sperry, M.D., Crossroads OB/GYN  
Adding to your family is an exciting time! But what does that mean for your running routine? Running

while pregnant can come with some questions and concerns for moms to be. Join Dr. Erin Sperry, from Crossroads OB/GYN, as she discusses all things about running when you're expecting. From modifying your running routine during different trimesters to starting up running again after your baby has arrived, you can be better prepared for the road and miles ahead with these great tips and suggestions to keep you and baby healthy!

### Contraceptives 101 Wednesday, May 17, 5:30P

Jenny Daleassandro, WHNP, Crossroads OB/GYN

Modern medicine has provided women with a variety of different options when it comes to contraceptives. But how do you know which one is the right one for you?

Join Jenny Daleassandro, WHNP at Crossroads OB/GYN as she discusses updates on contraceptives and answers your questions about the various forms available today. From side effects to hormones, and safest way to stop taking a contraceptive, you'll feel confident knowing that you have options and alternatives available to you!

### Mindful Consumer: Taking the Steps to Get There Saturday May 20, 10:15 a.m.

In partnership with Mrs. Green's World  
Do you ever wonder what we come in contact with on a daily basis that could impact our health and the health of our families? Should you

worry about everyday items like your clothes, beauty products, fruits and vegetables, cleaning products, the air quality inside our homes?

Join Mrs. Green of Mrs. Green's World as she gives updates on how to become a more mindful consumer for your health, the health of our community and our planet!

### Children's Miracle Network Zumbathon \$10 Sunday, May 21, 1-4P

Join Miss Tucson Del Sol, Hannah Johnson as we raise money for the Children's Miracle Network. Classes start at the top of the hour, stop in for one class, or stay for all three! Each class is a \$10 donation and all the proceeds stay right here in Southern Arizona!

### Common Shoulder Problems in Active Women Tuesday, May 23, 5:30 p.m.

Andrew P. Mahoney, M.D.,  
Tucson Orthopaedic Institute

The shoulder can be injured easily at work, around the house or during sports or exercise activities. Often times, this pain not only interferes with your daily routine, it keeps you from enjoying the activities that you love and also keep you healthy.

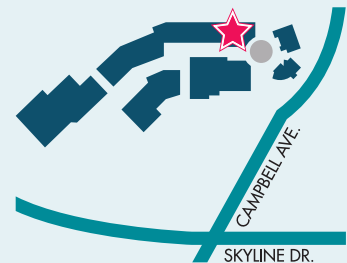
Join Dr. Andrew Mahoney, from the Tucson Orthopaedic Institute, as he discusses common shoulder injuries in active women, providing up to date solutions for shoulder health.

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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