

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Fitness Classes are just \$5!  
Wellness Events are free unless otherwise noted.

RSVP at [www.TheCoreTMC.com](http://www.TheCoreTMC.com)

Free Fitness Classes | Wellness Series | Featured Event



**Young Yogis Toddler Yoga, 1**  
Ages 2-5 9A \$ registration req.

HIIT Cardio Fitness 10:30A

Let's Get Lean 11:30A

**Meditation for Modern Times**  
1P \$

**Zumba! 10:30A** 2  
Core Pilates  
11:30A

3  
Yoga Basics 8A  
Core & Flex  
9:30A

**Core Class with The J 9A** 4  
Gentle Yoga  
11A

5  
Yoga Basics 8A  
Strength & Balance  
9:30A  
**Prenatal Yoga 4-Week Series 4:30P \$**  
registration req.

6  
Intermediate Tai Chi 9:30A  
Beginning Tai Chi 10:45A

7  
8  
HIIT Cardio Fitness 10:30A  
Let's Get Lean 11:30A

**Zumba! 10:30A** 9  
Core Pilates 11:30A  
Beginning Tai Chi 1:30P  
**Special Event! Making Mirrors for Giant Telescopes 3:30 p.m. · FREE**

10  
11  
Yoga Basics 8A  
Core & Flex 9:30A  
**Mantra Meditation Series Finale 5:30P registration req.**

**Body Combat with The J 9A** 12  
Gentle Yoga 11A

13  
Yoga Basics 8A  
Strength & Balance 9:30A  
**Prenatal Yoga 4-Week Series 4:30P \$**  
registration req.

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

**Young Yogis Toddler Yoga, Ages 2-5 9A \$ registration req.** 15  
HIIT Cardio Fitness 10:30A  
Let's Get Lean 11:30A

**Zumba! 10:30A** 16  
Core Pilates 11:30A

17  
18  
Yoga Basics 8A  
Core & Flex 9:30A

**Yoga with The J 9A** 19  
Gentle Yoga  
11A

20  
Yoga Basics 8A  
Strength & Balance 9:30A  
**Prenatal Yoga 4-Week Series \$ 4:30P**  
registration req.

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

**Young Yogis Toddler Yoga, Ages 2-5 9A registration req.** 22  
HIIT Cardio Fitness 10:30A  
Let's Get Lean 11:30A

**Zumba! 10:30A** 23  
Core Pilates 11:30A  
Beginning Tai Chi 1:30P

24  
25  
Yoga Basics 8A  
Core & Flex 9:30A

**HIIT with The J 9A** 26  
Gentle Yoga  
11A

27  
Yoga Basics 8A  
Strength & Balance 9:30A  
**Prenatal Yoga 4-Week Series \$ 4:30P**  
registration req.

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

**Young Yogis Toddler Yoga Series Finale, Ages 2-5 9A registration req.** 29  
HIIT Cardio Fitness 10:30A  
Let's Get Lean 11:30A

**Zumba! 10:30A** 30  
Core Pilates 11:30A

## **FREE** Fitness at The Core:



**Zumba with Rhonda Bodfield**  
Sundays in June  
10:30 a.m.  
**FREE**

Join us for an all-levels Zumba

fitness dance class with Rhonda! Get your heart pumping and your feet moving with this high-energy, Latin inspired dance class that will get your body moving and make you break a sweat while having fun!

## **Move with The J Classes** Wednesdays at 9 a.m. **FREE**

- 6/5: Core Class
- 6/12: Body Combat
- 6/19: Flow Yoga
- 6/26: HIIT

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

Facebook: The Core at La Encantada Instagram: @TheCoreTMC

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## **Upcoming Wellness Series:**



**Prenatal Yoga 4-Week Series**  
\$  
Begins  
Thursday, June 6  
at 4:30 p.m.  
Bonnie Golden, RYT

**Class Dates: June 6, 13, 20 and 27**

The Core is happy to offer Prenatal Yoga, a yoga series perfectly tailored for women at all stages of pregnancy. Join Bonnie Golden, registered yoga teacher specializing in prenatal and postpartum yoga, as you are guided to explore and experience all the benefits yoga can bring to you and the growing life within you. This class incorporates simple meditative practices of yoga, as well as physical postures to strengthen your entire body.

## **FEATURED EVENTS:**



**Meditation for Modern Times**  
Saturday, June 1  
1:30 p.m.  
Amanda Freed, CMT

The Core is happy to offer a monthly guided meditation with Amanda Freed, Certified Meditation Coach. Whether you're new to meditation or an experienced pro, you'll be focused and ready for the week ahead.



**Making Mirrors for Giant Telescopes**  
Sunday, June 9  
3:30 p.m.  
Buddy Martin, Project Scientist for Mirror Polishing  
Richard F. Caris, Mirror Lab

Advances in our understanding of the Universe depend on improvements in sensitivity that can come only with larger telescopes. The growth of telescopes has always been limited by the ability to make bigger mirrors that hold their shape against the dynamic effects of gravity, wind and temperature. The lightweight honeycomb mirrors made at The University of Arizona's Richard F. Caris Mirror Lab are the largest ever made (8.4 meters or 28 feet in diameter), and represent a major advance in performance.

Join Buddy Martin, Project Scientist for Mirror Polishing at the Richard F. Caris Mirror Lab, for an interesting and visual photo tour of how these mirrors are made and how they are being used to build the 25 meter Giant Magellan Telescope.

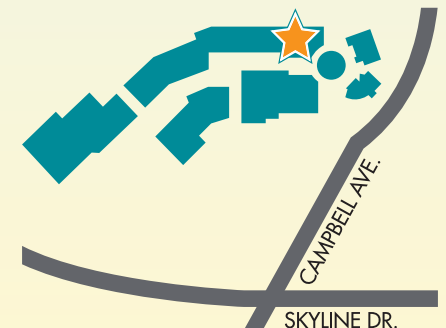


Tucson Medical Center is your nonprofit community hospital, proud to be a core part of Tucson for more than 75 years.

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 Consults
- Access to Medical Records & Health Information

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



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[www.TheCoreTMC.com](http://www.TheCoreTMC.com)