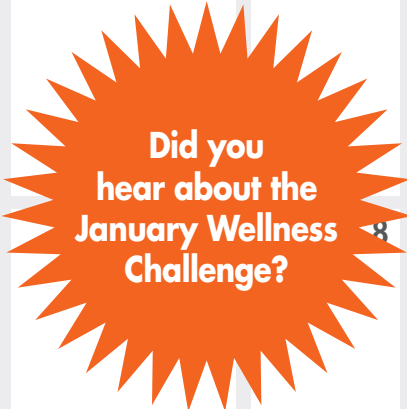


JANUARY 2018

La Encantada Shopping Center, upper level
2905 East Skyline Drive, Suite 277
520-324-CORE (2673)
www.TheCoreTMC.com

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

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



	1 Closed Happy New Year!	2 Intro to Flow Yoga 12P	3 Yoga Basics 9A Strength & Balance 10:30A	4 Intermediate Tai Chi 9:30A Beginning Tai Chi 10:45A	5 Little Yogis Toddler Yoga 9A <i>*Registration Req.</i> New! Intro To Zumba 11:30A Zumba 12P Let's Get Lean 1:15P
	8 New! Core & Flex 9:30A Cardio Sculpt 10:30A	9 Zumba with The J 9A Intro to Flow Yoga 12P	10 Yoga Basics 9A Strength & Balance 10:30A	11 Intermediate Tai Chi 9:30A Beginning Tai Chi 10:45A	12 Little Yogis Toddler Yoga 9A <i>*Registration Req.</i> BEYOND! Free \$5 Fitness Saturday! Zumba 12P Let's Get Lean 1:15P
Tai Chi 1:30P 14	15 New! Core & Flex 9:30A Cardio Sculpt 10:30A	16 Gentle Yoga with The J 9A Intro to Flow Yoga 12P Stopping Alzheimer's Disease - How Close Are We? 5:30P	17 Yoga Basics 9A Strength & Balance 10:30A	18 Intermediate Tai Chi 9:30A Beginning Tai Chi 10:45A	19 Zumbini Family Movement Series 9A <i>*Registration Req.</i> Zumba 12P Let's Get Lean 1:15P
21	22 New! Core & Flex 9:30A Cardio Sculpt 10:30A	23 Zumba with The J 9A Intro to Flow Yoga 12P	24 Yoga Basics 9A Strength & Balance 10:30A	25 Intermediate Tai Chi 9:30A Beginning Tai Chi 10:45A	26 Little Yogis Toddler Yoga 9A <i>*Registration Req.</i> Zumba 12P Let's Get Lean 1:15P
Tai Chi 1:30P 28 SAR Running Safety & Self-Defense Class 3P	29 New! Core & Flex 9:30A Cardio Sculpt 10:30A	30 Gentle Yoga with The J 9A Intro to Flow Yoga 12P CPR Certification Course 4:30P <i>*Registration Req.</i>	31	<p>Fitness Classes are just \$5! Wellness Events are free unless otherwise noted. RSVP at www.TheCoreTMC.com Free Class! • Wellness Event • Fitness Class</p>	

JANUARY 2018



BEYOND Free Fitness Saturday! Jan. 13, 2018

All \$5 fitness classes at The Core are free today! Get your new BEYOND punch card and work up a sweat at The Core! Register now for fitness classes, as space is limited.

Stopping Alzheimer's Disease – How Close Are We? Wednesday, Jan. 17, 5:30 p.m.

Marjorie Pazzi, RN, CCRP

Join Marjorie Pazzi, RN and Site Director for the Clinical Research Program at the Center for Neurosciences, for an up to date overview of recent findings, facts, and need to know information about the future Alzheimer's disease research.

Fitness Classes
are just \$5!

Wellness events are free
unless otherwise noted.

RSVP at
www.TheCoreTMC.com

Southern Arizona Roadrunners & The Core: Keeping Communities Healthy Together

Community Social Run & Post-Run Stretch Class Saturday, Jan. 27, 7 a.m., 30-Minute Stretch, 8:15 a.m.

Bring your running buddy or weekend running group to The Core at La Encantada for your Saturday morning run. Make new running friends, get details on upcoming SAR races, and enjoy a free post-run snack and coffee on us! Come ready to run, and stick around for a 30-minute Post-Run Stretch Class geared, towards all those running muscles we tend to neglect.

Running Safety & Self-Defense Class Sunday, Jan. 28, 3 p.m.

Bruce Montoya, Combat Fit

This class gives a brief overview of running safety tips provided by SAR, followed by a hands-on self-defense class with guidance from a certified instructor. Open to all, please come dressed for activity!

CPR Certification Class

*Registration Required

Wednesday, Jan. 31, 4:30 p.m.

The Core and SAR are happy to provide free CPR Certification classes to leaders in the local running community. The first class is by invitation only but keep an eye out for additional events with SAR and The Core in the coming months!

New Class! Intro to Zumba Saturday, Jan. 6, 11:30 a.m.

Join us the first Saturday of each month for a free 30-minute breakdown! Classic Zumba dance steps like Merengue, Salsa, Cumbia and Reggaeton will be covered so you can Zumba right into the 12noon class at The Core with confidence.

New Class! Core & Flex Tuesdays at 9:30 a.m.

This all levels, low-impact class, focuses on key exercises to tone and strengthen the core, incorporating stretches to improve total body flexibility. Core and Flex leaves you with plenty of energy to jump into Cardio Sculpt right after! **FREE in January!**

Cardio Sculpt

Tuesdays at 10:30 a.m.

A new twist on the classic Circuit Training. You'll get a great total body workout!

NEW! Wellness Challenge: January 2018

Complete 3 fitness classes of your choice, plus one free wellness event listed below, and you're entered to win an AJ's gift card! January Wellness Challenge Trackers available at The Core front desk.

Eligible Wellness Events:

- Stopping Alzheimer's Disease – How Close Are We?
Wednesday, Jan. 17, 5:30 p.m.
- Running Safety & Self-Defense Class
Sunday, Jan. 28, 3 p.m.

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.



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upper level

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