

JULY 2018

Health Lectures • Fitness Classes • Wellness Events

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

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Closed		1		2		Closed		3		4		New Time! Yoga Basics 8A New Time! Strength & Balance 9:30A		5		Intermediate Tai Chi 9:30A Beginning Tai Chi 10:45A		6		HIIT 10:30A Let's Get Lean 11:30A		7			
HAPPY 4TH OF JULY																									
Core Pilates 11:30A Tai Chi 1:30P		8		9		Yoga Basics 8A Core & Flex 9:30A Compassion in Action Series – Week 1 5:30P \$ *Registration Req.		10		Yoga with The J 9A Hatha Yoga Foundations 11A		11		New Time! Yoga Basics 8A New Time! Strength & Balance 9:30A YogArts – Art & Movement for Kids 4-8 y/o 3:45P \$		12		Intermediate Tai Chi 9:30A Beginning Tai Chi 10:45A		13		SAR Social Run and Pilates for Runners 5:30A HIIT 10:30A Let's Get Lean 11:30A		14	
Core Pilates 11:30A		15		16		Yoga Basics 8A Core & Flex 9:30A Compassion in Action Series – Week 2 5:30P \$ *Registration Req.		17		Zumba with The J 9A Hatha Yoga Foundations 11A		18		New Time! Yoga Basics 8A New Time! Strength & Balance 9:30A		19		Intermediate Tai Chi 9:30A Beginning Tai Chi 10:45A		20		HIIT 10:30A Let's Get Lean 11:30A		21	
Core Pilates 11:30A Tai Chi 1:30P		22		23		Yoga Basics 8A Core & Flex 9:30A Compassion in Action Series – Week 3 5:30P \$ *Registration Req.		24		Body Combat with The J 9A Hatha Yoga Foundations 11A		25		New Time! Yoga Basics 8A New Time! Strength & Balance 9:30A		26		Intermediate Tai Chi 9:30A Beginning Tai Chi 10:45A		27		HIIT 10:30A Let's Get Lean 11:30A		28	
Core Pilates 11:30A		29		30		Yoga Basics 8A Core & Flex 9:30A		31																	

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

RSVP at www.TheCoreTMC.com

Free Class • Wellness Event • New Time



July 2018



Compassion in Action – A 3-Part Series

AMANDA FREED, Certified Meditation Coach

Begins Tuesday, July 10 // 5:30 p.m.
\$25

You hear time and again the value having compassion and the positive impact compassionate living has on communities. How many of us know what living compassionately truly means or how to make that happen in our lives?

Join Amanda Freed, Certified Meditation Coach, for a 3-part series exploring the practical application of living a compassionate life. From self-compassion to sharing your truth more compassionately and mindfully, you'll participate in lively group discussion and activities that will give you the tools you need to live a more compassionate life every day.

YogArts – Art, Movement and Literacy for Kids ages 4-9

CAROLYN REECE, ChildLight Yoga Instructor

Thursday, July 12 // 3:45 p.m.
\$14

Join us at The Core and come be a bug in this fun parent and child yoga class and bug-themed art project! You and your child will crawl like a spider, hop like a grasshopper, and fly like a butterfly, creating a bug sun catcher and some little fingerprint bugs in their own bug hotel! This class is an opportunity for a one-on-one special time for you and your child aged 4-9 years.

SAR Social Run and Pilates or Runners

Saturday, July 14 // 5:30 a.m.

The Southern Arizona Roadrunners and The Core are happy to host a Saturday Social Run! Bring your running buddy or weekend running group to The Core at La Encantada for 2,4 or 6 mile routes... or make your own route and come back for free coffee and snacks! Make new running friends, get details on upcoming SAR races, and enjoy a free "Pilates for Runners" fitness class after the run.

Run Time: 5:30 a.m.

Pilates for Runners: 6:35 a.m.

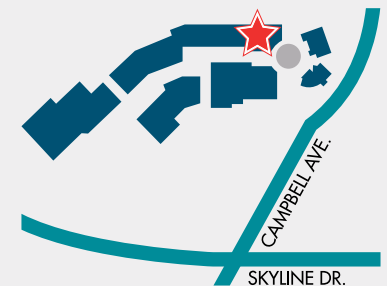


Tucson Medical Center is your nonprofit community hospital, proud to be a core part of Tucson for more than 70 years.

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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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