

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Yoga Basics 8A **1**
Core & Flex 9:30A
Cardio Sculpt 10:30A

Move with The J 9A 2
Hatha Yoga Foundations
11A

Yoga Basics 9A **3**
Strength & Balance 10:30A
**Women's Strength Training
Workshop \$ 5:30P**

Intermediate **4**
Tai Chi 9:30A
Beginning Tai Chi
10:45A

Little Yogis 2-4 y/o \$ 5
9A *Registration Req.
HIIT 10:30A
Let's Get Lean 11:30A

Tai Chi **6**
12:30P
**Healthy
Pregnancy Class
2P**

7
Yoga Basics 8A **8**
Core & Flex 9:30A
Cardio Sculpt 10:30A

Move with The J 9A 9
Hatha Yoga Foundations 11A
**Breast is Best:
Breastfeeding Tips 5:30P**

Yoga Basics 9A **10**
**Women's Strength Training
Workshop \$ 5:30P**

11
Little Yogis 2-4 y/o \$ 12
9A *Registration Req.
HIIT 10:30A
Let's Get Lean 11:30A

13
*Happy
Mother's
Day!*

14
Yoga Basics 8A **15**
Core & Flex 9:30A
Cardio Sculpt 10:30A
**Managing Menopause
5:30 p.m.**

Move with The J 9A 16
Hatha Yoga Foundations
11A

Yoga Basics 9A **17**
Strength & Balance 10:30A
**Women's Strength Training
Workshop \$ 5:30P**

Intermediate Tai **18**
Chi 9:30A
Beginning Tai Chi
10:45A
Little Yogis 2-4 y/o \$ 19
9A *Registration Req.
HIIT 10:30A
**High Intensity, High Tea
11:30A**

Tai Chi 12:30P **20**
**Kindness,
Compassion,
Connection –
Keys to Preserving
the Planet 2P**

21
Yoga Basics 8A **22**
Core & Flex 9:30A
Cardio Sculpt 10:30A
**Boosting Your Metabolism –
Fact vs. Fiction 3:30P**

Move with The J 9A 23
Hatha Yoga Foundations 11A

Yoga Basics 9A **24**
Strength & Balance 10:30A
**Women's Strength Training
Workshop \$ 5:30P**

Intermediate Tai **25**
Chi 9:30A
Beginning Tai Chi
10:45A
Little Yogis 2-4 y/o \$ 26
9A *Registration Req.
HIIT 10:30A
Let's Get Lean 11:30A

27
CLOSED

28

Memorial
Day

Yoga Basics 8A **29**
Core & Flex 9:30A
Cardio Sculpt 10:30A
**Vitamins & Supplements for
Women 5:30P**

Move with The J 9A 30
Hatha Yoga Foundations 11A
**Healthy Bones & Joints
5:30P**

Yoga Basics 9A **31**
Strength & Balance 10:30A

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

RSVP at www.TheCoreTMC.com

Free Fitness Class • Free WHM • Wellness Series

MAY 2018



Strength Training for Women Workshop

**BEGINS THURSDAY, MAY 3
5:30-6:45 P.M. // \$35**

Join Joanna Dinan, Certified Personal Trainer and Group Fitness Instructor, for a 4-week Strength Training for Women Workshop. This workshop will combine education with practical application of different strength training modalities for women depending on their goals. Each week will begin with dialogue and transition into exercise, so please come dressed for activity.

Healthy Pregnancy Class

SUNDAY, MAY 6 // 2 P.M.

Join Margie Letson, childbirth educator and certified doula, for our free Healthy Pregnancy Class at The Core. Learn about fetal development, nutrition, exercise, physical and emotional changes during pregnancy. Plus, tips to have the healthiest pregnancy possible for you and baby!

Breast is Best – Breastfeeding Success Tips

WEDNESDAY, MAY 9 // 5:30 P.M.

Did you know that the World Health Organization recommends babies exclusively breastfeed for six months and to continue this practice for at least two years? At TMC, we have a knowledgeable team of professionals that can help new and experienced moms feel confident about navigating their breastfeeding journey.

Join TMC Lactation Consultants Bev Carico, RN, IBCLC, and Asa Lader, RN, IBCLC, for an engaging presentation discussing why breastfeeding is so highly encouraged plus get details on the various inpatient and outpatient breastfeeding resources available to you!

Managing Menopause

TUESDAY, MAY 15 // 5:30 P.M.

Menopause is a hot topic for most women these days! While no two journeys are identical, there are things that you can do to make these changes as easy as possible.

Join Jennifer Howell, D.O., FACOG for an engaging conversation that answers common questions and misconceptions about menopause. From diet and lifestyle to the most current technology available for managing symptoms, you'll leave with a better understanding of the various stages of menopause and how you can better manage your symptoms.

High Intensity, High Tea

SATURDAY, MAY 19 // 11:30 A.M.

Join us at The Core for 45 minutes of High Intensity Interval Training (10:30 a.m.) followed by a social hour and High Tea celebrating the royal wedding! The Core will show the previously recorded wedding of the royals while sipping tea, eating light snacks and having fun. Join us for class or just for the tea party!

Kindness, Compassion & Connection – Keys to Preserving the Planet

SUNDAY, MAY 20 // 2 P.M.

Join Gina Murphy-Darling, Mrs. Green of MrsGreensWorld.com, as she unfolds the key elements of living life mindfully, not mindlessly. You truly matter, and the intentional cultivation of compassion, connection and kindness in your life is the action that sends waves of goodness into the world.

Boosting Your Metabolism – Fiction vs. Fact

TUESDAY, MAY 22 // 3:30-4:45 P.M.

Join TMC Registered Dietitians Mary Atkinson and Laurie Ledford and get the honest truth behind boosting your metabolism! This 30-minute lecture will bust all the myths and give you realistic expectations when it comes to speeding things up. The lecture will be followed a 30-minute fitness class, please come dressed for activity.

Vitamins & Supplements for Women

TUESDAY, MAY 29 // 5:30 P.M.

Wellness trends often suggest women should take certain vitamins and supplements for optimal health without giving any details why. Join Kelsey Garlick, PharmD at TMC, for an insightful discussion on the role vitamins and supplements play for women. Walk away with a better understanding of which vitamins and supplements have shown to support women's health, dosage amounts as well as lifestyle options that can help you get the nutrients you need to stay healthy.

Healthy Bones & Joints

WEDNESDAY, MAY 30 // 5:30 P.M.

Studies show as women age, they can become increasingly susceptible to the symptoms of Osteopenia and Osteoporosis. The good news, there's a wealth of preventative measures and lifestyle habits you can start right now to help keep your bones strong for years to come!

Join Suezie Kim, MD at Tucson Orthopaedic Institute, for an update on how to spot the signs of Osteoporosis and what you can do now to keep you bones and joints healthy. It's never too late to start taking better care of your bones!

MAY WELLNESS CHALLENGE

SHARE THE WELLNESS



Bring a first time guest to a class or lecture and you're entered to win.

Each additional guest is worth another entry!

May Challenge Prize:

One month pass & \$10 Frost gift card

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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