

January 2019

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Closed 1	Closed 2	Yoga Basics 8A Strength & Balance 9:30A 3	Intermediate Tai Chi 9:30A Beginning Tai Chi 10:45A 4	High Intensity Interval Training 10:30A Let's Get Lean 11:30A 5
Core Pilates 11:30A 6	7	Yoga Basics 8A Core & Flex 9:30A 8	Yoga with The J 9A Gentle Yoga 11A 9	Yoga Basics 8A Strength & Balance 9:30A 10	Intermediate Tai Chi 9:30A Beginning Tai Chi 10:45A 11	Beyond Tucson! Free Fitness Saturday Young Yogis Toddler Yoga 2-5 y/o: 9A Core & Flex 10:30A Strength & Balance 11:30A 12
Core Pilates 11:30A Tai Chi 1:30P 13	14	Yoga Basics 8A Core & Flex 9:30A 15	Zumba with The J 9A Gentle Yoga 11A 16	Yoga Basics 8A Strength & Balance 9:30A 17	Intermediate Tai Chi 9:30A Beginning Tai Chi 10:45A 18	High Intensity Interval Training 10:30A Let's Get Lean 11:30A 19
Core Pilates 11:30A 20	21	Yoga Basics 8A Core & Flex 9:30A 22	Body Sculpt with The J 9A Gentle Yoga 11A 23	Yoga Basics 8A Strength & Balance 9:30A 24	Intermediate Tai Chi 9:30A Beginning Tai Chi 10:45A 25	High Intensity Interval Training 10:30A Let's Get Lean 11:30A 26
Core Pilates 11:30A 27	28	Yoga Basics 8A Core & Flex 9:30A 29	Yoga with The J 9A Gentle Yoga 11A Sports Injuries & Conditions 5:30P 30	Yoga Basics 8A Strength & Balance 9:30A 31		



Fitness Classes are just \$5!
Wellness Events are free unless otherwise noted.
RSVP at www.TheCoreTMC.com
Wellness Events | Free Fitness Classes

January 2019

BEYOND: Free Fitness Saturday January 12, 2019

The Core is offering free fitness classes in support of BEYOND. Register online at www.thecoretmc.com and participate in any of the classes below free of charge!

- Family Yoga | 9A
- Core & Flex | 10:30A
- Strength & Balance | 11:30A

BEYOND is dedicated to improving the health and well-being of our community, encouraging people to adopt a comprehensive approach to their physical and mental health. For more information about free community events organized by BEYOND, visit www.beyond-tucson.org.

Sports Injury & Conditions January 30, 2019 | 5:30 p.m.



Bradley P. Norris, D.O.,
Tucson Orthopaedic Institute

You lead an active lifestyle, injuries are just part of the game for you. But whether you are an active walker, runner, or outdoor enthusiast, there are ways to avoid injuries. Join Dr. Bradley Norris with the Tucson Orthopaedic Institute for a discussion of the most common sports injuries, how to recover from them, but most importantly, how to avoid them and stay in the game!

As a fellowship-trained orthopaedic surgeon, Dr. Norris provides a caring and compassionate treatment plan, which emphasizes exhausting conservative treatment measures prior to performing surgery. He specializes in the treatment of injuries and arthritis of the shoulder, hip and knee. With training in Sports Medicine, Dr. Norris offers both minimally invasive treatments, including arthroscopic surgery of the shoulder, hip and knee, and biologic treatments.

Please RSVP for this free event so we have room for everyone.

Frequent Flyer? We offer Fitness Class Passes!

The new year is upon us and it's the perfect time to get on track with your fitness routine. Our regularly scheduled fitness classes are either free or \$5 every month but many of you come on a regular basis, we have a great option for you, Fitness Class Passes! We have two Fitness Class Pass options available to help you achieve your wellness goals. Please contact The Core at 520-324-2673 for details.

- One Month Unlimited: \$35
- Three Month Unlimited: \$75

Introducing TMC NOW!



TMC Now is a new virtual visit app that allows you to have access to a physician via mobile app or video after hours, on weekends and holidays! Not meant

to replace your primary care provider, TMC Now offers quick access to a network of physicians licensed to practice in Arizona that can provide a quick diagnosis for common, non-life threatening, ailments. Stop by The Core to find out how it works, how long it takes, what the cost is and how you can get discounted visits when you download the free app!

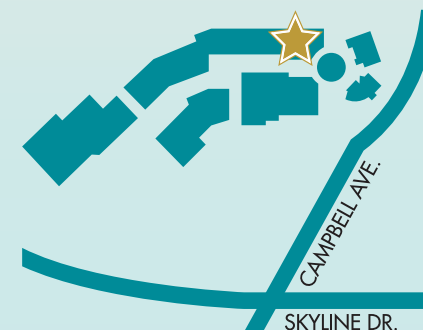


Tucson Medical Center is your nonprofit community hospital, proud to be a core part of Tucson for more than 70 years.

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 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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TMCnow.tmcaz.com