

# OCTOBER 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](http://www.TheCoreTMC.com)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<b>1</b> Yoga Basics 8A Core & Flex 9:30A	<b>2</b> Yoga Basics 8A Core & Flex 9:30A	<b>3</b> <b>Gentle Yoga with The J 9A</b> Hatha Yoga Foundations 11A	<b>4</b> Yoga Basics 8A Strength & Balance 9:30A <b>Intro into Home Workout Programs: 4-Week Series \$ 5:30P *Registration req.</b>	<b>5</b> Intermediate Tai Chi 9:30A Beginning Tai Chi 10:45A	<b>6</b> <b>Meditation for Modern Times \$ 1P</b>	
<b>7</b> Tai Chi 1:30P <b>SAR Running Safety and Self-Defense Class 3P</b>	<b>8</b> Yoga Basics 8A Core & Flex 9:30A	<b>9</b> Yoga Basics 8A Core & Flex 9:30A	<b>10</b> <b>Yoga with The J 9A</b> Hatha Yoga Foundations 11A <b>Fast &amp; Effective Solutions for Pain Management 5:30P</b>	<b>11</b> Yoga Basics 8A Strength & Balance 9:30A <b>Intro into Home Workout Programs: 4-Week Series \$ 5:30P *Registration req.</b>	<b>12</b> Intermediate Tai Chi 9:30A Beginning Tai Chi 10:45A	<b>13</b> <b>High Intensity Interval Training – Cardio Fitness 10:30A</b> Let's Get Lean 11:30A	
<b>14</b> Core Pilates 11:30A	<b>15</b> Yoga Basics 8A Core & Flex 9:30A	<b>16</b> Yoga Basics 8A Core & Flex 9:30A	<b>17</b> <b>Body Shape with The J 9A</b> Hatha Yoga Foundations 11A <b>Compression Fractures &amp; Osteoporosis: What I Need to Know 5:30P</b>	<b>18</b> Yoga Basics 8A Strength & Balance 9:30A <b>Intro into Home Workout Programs: 4-Week Series \$ 5:30P *Registration req.</b>	<b>19</b> Intermediate Tai Chi 9:30A Beginning Tai Chi 10:45A	<b>20</b> <b>High Intensity Interval Training – Cardio Fitness 10:30A</b> Let's Get Lean 11:30A	
<b>21</b> Core Pilates 11:30A Tai Chi 1:30P	<b>22</b> Yoga Basics 8A Core & Flex 9:30A <b>Crunching Calories: Don't Count on It! 3:30P</b>	<b>23</b> Yoga Basics 8A Core & Flex 9:30A	<b>24</b> <b>Zumba with The J 9A</b> Hatha Yoga Foundations 11A	<b>25</b> Yoga Basics 8A Strength & Balance 9:30A <b>Intro into Home Workout Programs: 4-Week Series \$ 5:30P *Registration req.</b>	<b>26</b> Intermediate Tai Chi 9:30A Beginning Tai Chi 10:45A	<b>27</b> <b>Girls on the Run Coaches Meeting 9:30A</b> Let's Get Lean 11:30A	
<b>28</b> Core Pilates 11:30A	<b>29</b> Yoga Basics 8A Core & Flex 9:30A	<b>30</b> Yoga Basics 8A Core & Flex 9:30A	<b>31</b> <b>Yoga with The J 9A</b> Hatha Yoga Foundations 11A 	 <p>Fitness Classes are just \$5! Wellness Events are free unless otherwise noted. <b>RSVP at <a href="http://www.TheCoreTMC.com">www.TheCoreTMC.com</a></b></p>			
				<p><b>Free Class • 4-Week Series • Wellness Event</b></p>			

# OCTOBER 2018

## Intro Into Home Workout Programs: 4-week series

Thursdays, Oct. 4, 11, 18 & 25  
5:30 p.m. \$

Every week a new fitness craze seems to sweep the wellness world. High intensity, low impact, heavy lifting, cardio - it's hard to know what's best! Join Joanna Dinan, Certified Fitness Instructor at The Core, for a 4-week series highlighting four different styles of exercise and the benefits of incorporating various types of movement into your workout routine.

Each week, class will begin with a discussion about the class and what benefits each style of movement can have, paired with a full exercise class! Leave with a better understanding of each workout and a take-home exercise routine you can use any time. Please come dressed for activity.

## Meditation for Modern Times

Saturday, Oct. 6 // 1 p.m. \$

Join us at The Core the first Saturday of every month for 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.

## Running Safety and Self-Defense Class

Sunday, Oct. 7 // 3-5 p.m.

The Core is happy to partner with the Southern Arizona Roadrunners for this free class! Get a brief overview of running safety tips provided by SAR followed by a hands-on self-defense class. Participants will be shown practical self-defense techniques and will be allowed to practice these moves under the guidance of a certified instructor. Please come dressed for activity.

## Crunching Calories, Don't Count on It!

Tuesday, Oct. 23 // 3:30 p.m.

You're trying to eat healthy and read your labels, but is counting calories and limiting carbs really worth the hype and effort? Join TMC Registered Dietitians Mary Atkinson and Laurie Ledford and find out why TMC encourages you to stop focusing on calories, grams and servings, and start to focus on the overall quality of our diets. Just by making slightly better choices each day, you'll be on the fast track to eating and feeling better!

## GOTR Mid-Season Coaches Meeting

Saturday, Oct. 27 // 9:30-11 a.m.

This meeting is a mandatory mid-season touch base for all Girls on the Run Coaches. Pick up your team shirts and get need to know details about the 5k training and race on December 2.

## OCTOBER MEDICAL LECTURES AT THE CORE

### Fast & Effective Solutions for Pain Management

Wednesday, Oct. 10 // 5:30 p.m.



Iftequar A. Siddiqui,  
Pharm.D., M.D.

TMC Integrative Pain Center

### Compression Fractures and Osteoporosis: What I Need to Know

Wednesday, Oct. 17, 5:30 p.m.




Justin Ledesma, M.D.

Tucson Orthopaedic Institute

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

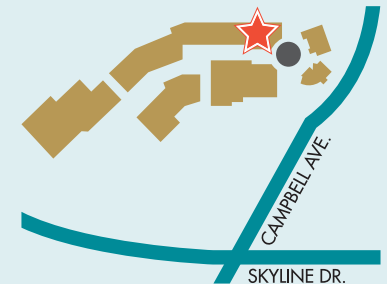


Tucson Medical Center is your nonprofit community hospital, proud to be a core part of Tucson for more than 70 years.

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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