

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Closed 1	2	Yoga Foundations Iyengar Method 8A Core & Flex 9:30A Living Your Yoga Week 3 \$ 5:30P *reg. required 3	Yoga with The J 9A Gentle Yoga 11A Benefits of Pelvic Floor Exercises 5:30P 4	Yoga Foundations Iyengar Method 8A Strength & Balance 9:30A Prenatal Yoga Week 4 \$ 4:30P *reg. required 5	Intermediate Tai Chi 9:30A Beginning Tai Chi 10:45A 6	Little Yogis Toddler Yoga 8 Week Series - Week 1 \$ 9A *reg. required HIIT Fitness 10:30A Let's Get Lean 11:30A Meditation for Modern Times 1P The Healing Power of Pets 2:30P 7	
Zumba 10:30A 8 Core Pilates 11:30A Beginning Tai Chi 1:30P	9	Yoga Foundations Iyengar Method 8A Core & Flex 9:30A NEW! Postnatal Yoga 10:45A \$ Living Your Yoga Week 4 \$ 5:30P *reg. required 10	Pound with The J 9A Gentle Yoga 11A NEW! Yoga Together - Family Yoga for Kids Ages 5-10 4P 11	Yoga Foundations Iyengar Method 8A Strength & Balance 9:30A 12	Intermediate Tai Chi 9:30A Beginning Tai Chi 10:45A 13	Little Yogis Toddler Yoga 8 Week Series - Week 2 \$ 9A *reg. required HIIT Fitness 10:30A Let's Get Lean 11:30A 14	
Zumba 10:30A 15 Core Pilates 11:30A Managing Your Diabetes 2P	16	Yoga Foundations Iyengar Method 8A Core & Flex 9:30A 17	Stretch with The J 9A 18 Gentle Yoga 11A TMC Foundation: Saving on Your Taxes & Giving to Charity 1P NEW! Yoga Together - Family Yoga for Kids Ages 5-10 4P	Yoga Foundations Iyengar Method 8A Strength & Balance 9:30A 19	Intermediate Tai Chi 9:30A Beginning Tai Chi 10:45A 20	Little Yogis Toddler Yoga 8 Week Series - Week 3 \$ 9A *reg. required HIIT Fitness 10:30A Let's Get Lean 11:30A 21	
Zumba 10:30A 22 Core Pilates 11:30A Pop Pilates! 12:45P SAR Running Safety and Self - Defense Class 4P	23	Yoga Foundations Iyengar Method 8A Core & Flex 9:30A 24	Orthobiologics: A Look at Mesenchymal Stem Cells and PRP 5:30P Body Combat with The J 9A 25 Gentle Yoga 11A Sleep Training Your Infant or Toddler 5:30P	Yoga Foundations Iyengar Method 8A Strength & Balance 9:30A 26	Intermediate Tai Chi 9:30A Beginning Tai Chi 10:45A 27	HIIT Fitness 10:30A Let's Get Lean 11:30A 28	
Zumba 10:30A 29 Core Pilates 1:30A Beginning Tai Chi 1:30P	30	<p>Fitness Classes are just \$5! Wellness Events are free unless otherwise noted. RSVP at www.TheCoreTMC.com Wellness Series Free Class New Class Free Lecture</p>					



Yoga Basics is getting a new name – Yoga Foundations Iyengar Method!

Yoga Foundations Iyengar Method is for those that have some yoga experience and want to learn more about the Iyengar style of yoga. If you are new to yoga and want to try a class, Gentle Yoga on **Wednesdays at 11 a.m.** is the perfect place to start!

**Benefits of Pelvic Floor Exercises
Wednesday, September 4 | 5:30 p.m.**

Prachi Kulkarni, PT, MHS

A strong pelvic floor can help improve back pain, bowel and bladder function as well as overall fitness in both men and women. Join Prachi Kulkarni from Encompass Health Rehabilitation Institute of Tucson, for an interactive presentation discussing the importance of keeping your pelvic floor strong while practicing simple exercises you can start doing now to strengthen your body.

**Little Yogis 8-Week Toddler
Yoga Series (Ages 2-4)**

**Begins Saturday, September 7
9 a.m. \$**

Carolyn Reece,
Certified ChildLight Yoga Instructor

**Class Dates: Sept. 7, 14, 21, Oct. 5, 12,
19, 26 & Nov. 5**

Little Yogis and their caregiver will have a blast in this 8-week series strengthening their bodies through yoga, games, and movement! Caregivers, please be prepared to participate in the class with your little one.

**The Healing Power of Pets
Saturday, September 7 | 2:30 p.m.**

TMC Pet Therapy Program &
Pet Partners of Southern Arizona

Looking for a fun and fulfilling activity to do with your pet? Do you have a dog that would excel as a therapy animal? Become

a registered pet therapy team and make a difference at TMC! Join Diane Alexander from Pet Partners of Southern Arizona for details about the certification process, pet therapy team volunteer opportunities in our community and what you need to do to prepare for pet therapy certification. Kimberly Nunez, TMC Pet Therapy Program Coordinator, will highlight all the ways you and your pet can impact the healing environment at TMC by joining the TMC Pet Therapy Program. Well behaved dogs welcome to attend.

**New! Postnatal Yoga
Tuesday, September 10**

10:45 a.m. \$

Bonnie Golden, RYT

This class is geared towards women 6-8 weeks after birth and is designed to help mom regain strength and energy! Attention to loosening back and shoulder tightness, posture and breathing for optimal healing, gentle strengthening of back and deep abdominal muscles as well as redefining your pelvic floor.

**NEW! Yoga Together- Family
Yoga for Kids Ages 5-10**

**Two Free Classes: Sept. 11 and 18
4 p.m.**

Carolyn Reece,
Certified ChildLight Yoga Instructor

Practice mindfulness, learn about your body and have fun while participating together in your yoga adventure. Up to two children ages 5-10 accompanied by a single adult.

**Managing Your Diabetes
Sunday, September 15 | 2 p.m.**

Muhammad Sethi, M.D.,
Arizona Community Physicians

Local Endocrinologist, Dr. Muhammad Sethi, will highlight the changing landscape in the management of diabetes, retina diabetic, lipids and cholesterol so that your diabetes does not control you – and you control your own well-being.

**TMC Foundation: Saving on Your
Taxes and Giving to Charity**

Wednesday, September 18 | 1 p.m.

Paola Tomassini, SVP,
Bank of America Private Bank Company
Leah Geistfeld, Trust Officer,
Mission Management Trust

Learn how to plan for lifetime income while saving on your taxes and supporting charitable causes. The discussion will feature common taxpayer challenges and effective financial solutions.

**Orthobiologics: A Look at
Mensenchymal Stem Cells and
Platelet Rich Plasma**

Wednesday, September 18 | 5:30 p.m.

Tad DeWald, M.D., Tucson Orthopaedic Institute

The Core is happy to have Dr. Tad DeWald of Tucson Orthopaedic Institute, an international lecturer and noted expert of regenerative medicine procedures. Learn how to navigate, and stay up-to-date, on the newest applications in interventional orthopaedics. Additionally, review the current hype surrounding this technology and determine which might be best for you!

**Running Safety and Self-Defense Class
Sunday, September 22 | 4-6 p.m.**

Sponsored by the Southern Arizona Roadrunners

This class gives a brief overview of running safety tips provided by SAR and is followed up with 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 certified instructors from Combat Fit, a local agency providing self-defense training for real world environments.

**Sleep Training Your Infant or
Toddler**

Wednesday, September 25 | 5:30 p.m.

Carin Eldridge, M.D.,
Arizona Community Physicians

The sleep struggle is real! Join Dr. Eldridge, local pediatrician from ACP, at The Core for a side-by-side comparison of popular sleep methods and practical tips for encouraging a better night of sleep for you and your kids.

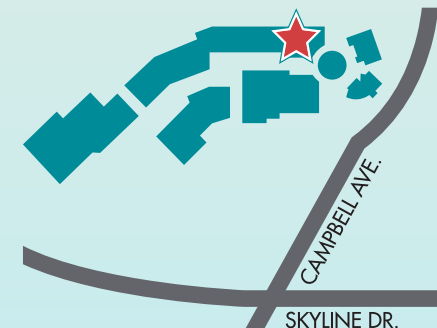


Tucson Medical Center is your nonprofit community hospital, proud to be a core part of Tucson for more than 75 years.

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.



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