

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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

RSVP at
www.TheCoreTMC.com

Yoga Foundations 1
Iyengar Method 8A
Core & Flex 9:30A
NEW CLASS!
**High Intensity
Interval Training
10:45A**

Free! Pound with The J 9A 2
Gentle Yoga 11A
**Yoga Together: Family Yoga
4-Week Series (Ages 5-10) \$ 4P**
**Postural Orthostatic Tachycardia
Syndrome: (POTS) What is it &
how do we treat it? 5:30P**

Yoga Foundations 3
Iyengar Method 8A
Strength & Balance 9:30A
NEW CLASS!
**Mat Pilates
10:45A**

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

Little Yogis Toddler 5
Yoga Series \$ 9A *reg. required
High Intensity Interval
Training 10:30A
Let's Get Lean 11:30A
**The Golden Hour: Babies,
Bonding & Breastfeeding 2P**

Core Pilates 6
11:30A

7
Yoga Foundations 8
Iyengar Method 8A
Core & Flex 9:30A
NEW CLASS!
**High Intensity
Interval Training
10:45A**

Free! Yoga with The J 9A 9
Gentle Yoga 11A
**Yoga Together: Family Yoga
4-Week Series (Ages 5-10) \$ 4P**
**Nutrition Lecture Series - Part 1:
The Facts about Fad Diets 5:30P**

Yoga Foundations 10
Iyengar Method 8A
Strength & Balance 9:30A
NEW CLASS!
Mat Pilates 10:45A
**Prenatal Yoga 4-Week
Series \$ 4:30P** *reg. required

11
Intermediate
Tai Chi
9:30A
Beginning
Tai Chi
10:45A

Little Yogis Toddler 12
**Yoga Series \$
9A** *reg. required
High Intensity Interval
Training 10:30A
Let's Get Lean 11:30A

Core Pilates 13
11:30A
Beginning Tai
Chi 1:30P

14
Yoga Foundations 15
Iyengar Method 8A
Core & Flex 9:30A
NEW CLASS!
**High Intensity
Interval Training
10:45A**

Free! Body Combat with The J 9A 16
Gentle Yoga 11A
**Yoga Together: Family Yoga
4-Week Series (Ages 5-10) \$ 4P**
**Orthobiologics: A look at
Mesenchymal Stem Cells & PRP
5:30P**

Yoga Foundations 17
Iyengar Method 8A
NEW CLASS!
Mat Pilates 10:45A
**Prenatal Yoga 4-Week
Series \$ 4:30P** *reg. required

18
Intermediate
Tai Chi
9:30A
Beginning
Tai Chi
10:45A

Little Yogis Toddler 19
**Yoga Series \$
9A** *reg. required
High Intensity Interval
Training 10:30A
Let's Get Lean 11:30A

Core Pilates 20
11:30A

21
Yoga Foundations 22
Iyengar Method 8A
Core & Flex 9:30A
NEW CLASS!
**Postnatal Yoga \$
10:45A**

Free! Stretch with The J 9A 23
Gentle Yoga 11A
**Yoga Together: Family Yoga
4-Week Series (Ages 5-10) \$ 4P**
**Nutrition Lecture Series - Part 2:
Using Food to Boost Your Energy
5:30P**

Yoga Foundations 24
Iyengar Method 8A
Strength & Balance 9:30A
**Prenatal Yoga 4-Week
Series \$ 4:30P** *reg. required

25
Intermediate
Tai Chi
9:30A
Beginning
Tai Chi
10:45A

Little Yogis Toddler 26
**Yoga Series \$
9A** *reg. required
High Intensity Interval
Training 10:30A
Let's Get Lean 11:30A

Core Pilates 27
11:30A
Beginning Tai
Chi 1:30P

28
Yoga Foundations 29
Iyengar Method 8A
Core & Flex 9:30A

Free! Zumba with The J 9A 30
Gentle Yoga 11A

Yoga Foundations 31
Iyengar Method 8A
Strength & Balance 9:30A
Mat Pilates 10:45A
**Prenatal Yoga 4-Week
Series \$ 4:30P** *reg. required
TRICK OR TREAT at
La Encantada 5P



**Yoga Together: Family Yoga
4-Week Series for Kids Ages 5-10
Begins Wednesday, October 2
4:00 p.m. \$**

Carolyn Reece,
Certified ChildLight Yoga Instructor

Explore creative yoga movement as a family unit or pair of friends! Join Carolyn Reece, certified ChildLight Yoga Instructor, to 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. \$35 per child for all four classes in the series. *Please contact The Core at 520-324-2673 to register for this series.*



**The Golden Hour: Babies,
Bonding & Breastfeeding
Saturday, October 5 | 2 p.m.**

Eileen Devlin, CNM &
Shelby Abramson, IBCLC, FNP

What is the Golden Hour and why is it so important? Join midwife Eileen Devlin and lactation consultant Shelby Abramson to learn about the magical first moments after birth. This class will provide need to know tips for expectant families with plenty of time to answer your questions about bonding and breastfeeding.



**Orthobiologics: A Look at
Mensenchymal Stem Cells & PRP
Wednesday, October 16 | 5:30 p.m.**

Tad DeWald, M.D.,
Tucson Orthopaedic Institute

Join 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!

Can't make it in October? Join Dr. DeWald at The Core November 6 at 5:30 p.m. to catch his November lecture on stem cells and PRP.



**The Facts about Fad Diets
Wednesday, October 9 | 5:30 p.m.**

Zoë Schroeder, MS, RDN,
TMC Connected Health & Wellness

Having a hard time identifying when a diet or food trend is a fad or the real deal? Join Zoë Schroeder, registered dietitian at TMC, and learn how to weed through all of the nutrition information consumers are faced with.

Additional free lectures in this series:

10/23: Using Food to Boost Your Energy
11/13: How to Make Your Healthy Habits Last



**Using Food to Boost Your Energy
Wednesday, October 23 | 5:30 p.m.**

Zoë Schroeder, MS, RDN

Join Zoë Schroeder, registered dietitian at TMC, to learn how eating a variety of healthy foods can help to boost and balance energy throughout the day.

Additional free lectures in this series:

11/13: How to Make Your Healthy Habits Last

DYSAUTONOMIA INTERNATIONAL



**Postural Orthostatic Tachycardia
Syndrome (POTS): What is it and
how do we treat it?**

Wednesday, October 2 | 5:30 p.m.

Brian Blair, M.D. & Emily Rich, M.O.T., OTR/L

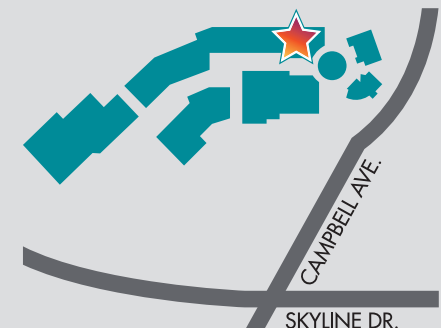
Postural Orthostatic Tachycardia Syndrome, also known as POTS, is a form of dysautonomia impacting over 1 million people worldwide. Join us as we kick off Dysautonomia Awareness Month with a presentation for patients, families, and providers to include clinical presentation, evaluation, and management of POTS.

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