

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Wellness Events are free unless
otherwise noted.

RSVP at www.TheCoreTMC.com



Free Fitness Class • Free Hybrid Lecture • Wellness Series

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wellness Events are free unless otherwise noted. RSVP at www.TheCoreTMC.com				Strength & Conditioning 10A Mat Pilates 11A Virtual Tai Chi 3P		
CLOSED 4 ★HAPPY★ <i>July Fourth</i>	5	Yoga Hour 9A 6	Intro to Yoga 11A 7	Exercise: How Much Is Enough? 4P 8	9	10
Let's Get Lean 9A 11 Core Pilates 10A NEW! Zumba 11A	12	Yoga Hour 9A 13	Intro to Yoga 11A 14	Strength and Conditioning 10A 15 Mat Pilates 11A Virtual Tai Chi 3P Virtual Prenatal Yoga [4-Week Series] 4:30P \$	16	17
Let's Get Lean 9A 18 Core Pilates 10A NEW! Zumba 11A	19	Yoga Hour 9A 20	Intro to Yoga 11A 21 Latest Non-Operative Orthopedic Treatments 4:30P	Strength and Conditioning 10A 22 Mat Pilates 11A Virtual Tai Chi 3P Virtual Prenatal Yoga [4-Week Series] 4:30P \$	23	24
Let's Get Lean 9A 25 Core Pilates 10A NEW! Zumba 11A	26	Yoga Hour 9A 27	Intro to Yoga 11A 28 Understanding Heart Rate Training Zones 12:30P	Strength and Conditioning 10A 29 Mat Pilates 11A Virtual Tai Chi 3P Virtual Prenatal Yoga [4-Week Series] 4:30P \$	30	31

July FEATURED EVENTS

FREE HYBRID LECTURES

Exercise: How Much is Enough?

Thursday, July 8 • 4 p.m.

Gregory Koshkarian, M.D.,
Pima Heart and Vascular



How much exercise is enough? Join Dr. Gregory Koshkarian of Pima Heart and Vascular as he explains the benefits of exercise, as well as what the right amount and type of exercise is for you.

This event offers an in-person audience at The Core or a virtual option. Please register online for the option that best suits your needs at www.thecoretmc.com.

Latest Non-Operative Orthopedic Treatments

Wednesday, July 21 • 4:30 p.m.

Tad DeWald, M.D., Tucson Orthopaedic Institute

Join Dr. Tad DeWald for an update on the latest minimally-invasive in-office procedures for carpal tunnel, trigger fingers, frozen shoulder, calcific rotator cuff tendonitis, trigger points and more.

This event offers an in-person audience at The Core or a virtual option. Please register online for the option that best suits your needs at www.thecoretmc.com.



Understanding Heart Rate Training Zones

Wednesday, July 28 • 12:30 p.m.

Ryan Dallago, TMC Cardiac Rehab

Do you exercise regularly but find yourself falling short of your fitness goals? Join Ryan Dallago, exercise physiologist with TMC's Cardiac Rehab program, for a look at just how important heart rate training zones are for getting the results you want to see. Whether you are training for a specific event, or you are looking to jump back into a regular exercise plan, there is a way to incorporate heart rate training into your routine, no matter your age or fitness level!

This event offers an in-person audience at The Core or a virtual option. Please register online for the option that best suits your needs at www.thecoretmc.com.



WELLNESS SERIES

Virtual Prenatal Yoga 4-Week Series

\$30 for all 4 classes

Series begins Thursday, July 15 • 4:30 p.m.

Bonnie Golden, RYT

Registration for this series includes:

- Expert prenatal yoga instruction with Bonnie Golden
- Optional weekly post-class group connection and Q & A with class attendees and instructor
- Educational resources, guidance, and tips from Bonnie
- Access to our Zoom classes 24 hours after class. Class links will be emailed to series registrants only!
- **BONUS FOR ALL REGISTERED MOMS-TO-BE:** Access to two additional recorded Prenatal Yoga Zoom classes with Bonnie.

NEW FITNESS CLASS

Zumba Fitness with Rhonda

Sundays • 11 a.m.

We are happy to have Rhonda return to The Core to teach an all-levels Zumba dance fitness class!



SCAN ME

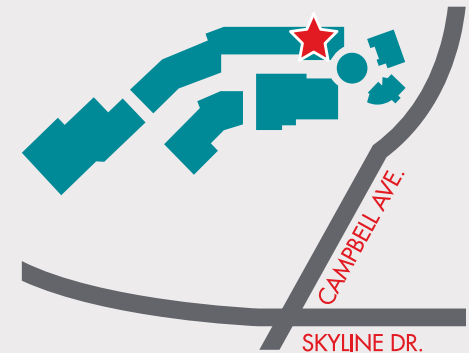


Tucson Medical Center is your nonprofit community hospital, proud to be a core part of Tucson for more than 75 years.

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



Want to be a part of the in-person audience at The Core? Make sure you register for the “live audience” option when signing up online. For questions about registration, please contact The Core at 520-324-2673.