



C·O·R·E
PHYSICAL THERAPY

FULLERTON WELLNESS CENTER GRAND OPENING SCHEDULE OF EVENTS

NOV. 4TH

FRIDAY

- 8 am-5 pm** Ongoing private tours of the facility and free physical therapy screenings
- 8-10 am** Bagel Breakfast w/ Orange Juice and Coffee
- 9 am** Ribbon Cutting Ceremony with State Assemblyman Chris Norby and the Fullerton Chamber
- 10-11 am** Shake Party sponsored by Herbalife (sample Herbalife products in a fun and easy way)
- 10-11 am** Intro to Yoga Class with Kelly
- 10 am-noon** Free Mini Massages
- 11 am-noon** Acupuncture Demonstration with Paul Kim, L-Ac
- 11 am-noon** Core Fundamentals Beginning Fitness Class with James
- Noon-2pm** Lunch (Sandwiches and Refreshments served)
- 12:30-1 pm** Information Session for "Next Level" Fitness Program
- 2-3 pm** Intermediate Yoga Class with Kelly
- 3-5 pm** Snacks, Refreshments and Light Hors d' Oeuvres
- 3-4 pm** Core Dynamics Intermediate Fitness Class with James
- 4-5 pm** Performance Training for the Student-Athlete, Information and Mini Session with James
(Parents must attend with their kids)

NOV. 5TH

SATURDAY

- 8 am - noon** Ongoing private tours of the facility and free physical therapy screenings
- 8-9:30 am** Core Fitness Boot Camp with James
- 8-10 am** Bagel Breakfast w/ Orange Juice and Coffee
- 9-10 am** Shake Party sponsored by Herbalife (sample Herbalife products in a fun and easy way)
- 9-10 am** Mixed Beginner-Intermediate Yoga Class with Kelly
- 9 am-11 am** Free Mini Massages
- 10-11 am-noon** Core Fundamentals/Dynamics Fitness Class with James (Beginner/Intermediate)
- 10:30-11 am** Information Session for "Next Level" Fitness Program
- 11 am** Final Raffle Drawing
- 11 am-noon** Performance Training for the Student-Athlete, Information and Mini Session with James
(Parents must attend with their kids)