FULLERTON WELLNESS CENTER

1027 N. Harbor Blvd. Suite B Fullerton, CA 92832 714.870.U4PT (8478)

C·O·R·E PHYSICAL THERAPY

SCHEDULE

SEPTEMBER 2022

* Appointments recommended for Balance/Strength classes. Class max applies.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Massage Therapy by appointment as noted Christian Trigueros, CMT and Billy Martinez, CMT **Personal training by appointment** Frank Lopez, BS, CSCS or Jacob Brink, BS		**Gym area is open Mon-Thurs 8am-12pm and 2-7pm, Fri 8am-12pm and 1-5pm, and Sat 8am-12pm.**	**1** 11:30am-12pm Leg Strength 2:30-3pm Balance/Strength 9am -7pm **Massage available** by appointment	**2** 11:30am-12pm Balance/Strength 8am -5pm **Massage available** by appointment	**3** CLOSED
5 CLOSED	**6** 11:30am-12pm Balance/Strength 1:30-2:15pm Boxing 2:30-3pm Leg Strength 9am -6:30pm **Massage available** by appointment	**7** 11:30am-12pm Back Class 2:30-3pm Upper Body 5-6pm Bootcamp 8am -6pm **Massage available** by appointment	**8** 11:30am-12pm Leg Strength 2:30-3pm Balance/Strength 9am -7pm **Massage available** by appointment	**9** 11:30am-12pm Balance/Strength 8am -12pm **Massage available** by appointment	**10** 9-10am Boot Camp 10-11am Glute Camp 8am -12pm **Massage available** by appointment
12 8am -6pm **Massage available** by appointment 11:30am-12pm Upper Body 2:30-3pm Back Class 5-6pm Bootcamp	**13** 11:30am-12pm Balance/Strength 1:30-2:15pm Boxing 2:30-3pm Leg Strength 9am -6:30pm **Massage available** by appointment	**14** 11:30am-12pm Back Class 2:30-3pm Upper Body 8am -6pm **Massage available** by appointment	**15** 11:30am-12pm Leg Strength 2:30-3pm Balance/Strength 9am -7pm **Massage available** by appointment	**16** 11:30am-12pm Balance/Strength 8am -5pm **Massage available** by appointment	**17** 9-10am Boot Camp 10-11am Glute Camp
19 8am -6pm **Massage available** by appointment 11:30am-12pm Upper Body 2:30-3pm Back Class 5-6pm Bootcamp	**20** 11:30am-12pm Balance/Strength 1:30-2:15pm Boxing 2:30-3pm Leg Strength 9am -6:30pm **Massage available** by appointment	**21** 11:30am-12pm Back Class 2:30-3pm Upper Body 5-6pm Bootcamp 8am -6pm **Massage available** by appointment	**22** 11:30am-12pm Leg Strength 2:30-3pm Balance/Strength 9am -7pm **Massage available** by appointment	**23** 11:30am-12pm Balance/Strength 8am -5pm **Massage available** by appointment	**24** 9-10am Boot Camp 10-11am Glute Camp 8am -12pm **Massage available** by appointment
26 8am -6pm **Massage available** by appointment 11:30am-12pm Upper Body 2:30-3pm Back Class 5-6pm Bootcamp	**27** 11:30am-12pm Balance/Strength 1:30-2:15pm Boxing 2:30-3pm Leg Strength 9am -6:30pm **Massage available** by appointment	**28** 11:30am-12pm Back Class 2:30-3pm Upper Body 8am -6pm **Massage available** by appointment	**29** 11:30am-12pm Leg Strength 2:30-3pm Balance/Strength 9am -7pm **Massage available** by appointment	**30** 11:30am-12pm Balance/Strength 8am -5pm **Massage available** by appointment	