



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**Massage Therapy by appointment as noted**  
Michael Foster, CMT

**1**  
11-11:30am Back and Legs  
2-2:30pm Balance/Strength

**2**  
8am -5pm **Massage available** by appointment  
11-11:30am Lower Body  
11:30am-12pm Upper Body  
2-2:30pm Upper Body  
5-5:30pm Strength/Mobility

**3**  
11-11:30am  
Strength/Mobility

**6**  
11-11:30am  
Balance/Strength  
2-2:30pm Back and Legs

**7** 8am-5pm **Massage available** by appointment  
11-11:30am Upper Body  
11:30am-12pm Lower Body  
2-2:30pm Lower Body  
5-5:30pm Upper Body

**8**  
11-11:30am Back and Legs  
2-2:30pm Balance/Strength

**9** 8am -5pm **Massage available** by appointment  
11-11:30am Lower Body  
11:30am-12pm Upper Body  
2-2:30pm Upper Body  
5-5:30pm Strength/Mobility

**10**  
11-11:30am  
Strength/Mobility

**13**  
11-11:30am  
Balance/Strength  
2-2:30pm Back and Legs

**14** 8am-5pm **Massage available** by appointment  
11-11:30am Upper Body  
11:30am-12pm Lower Body  
2-2:30pm Lower Body  
5-5:30pm Upper Body

**15**  
11-11:30am Back and Legs  
2-2:30pm Balance/Strength

**16** 8am -5pm **Massage available** by appointment  
11-11:30am Lower Body  
11:30am-12pm Upper Body  
2-2:30pm Upper Body  
5-5:30pm Strength/Mobility

**17**  
11-11:30am  
Strength/Mobility

**20**  
11-11:30am  
Balance/Strength  
2-2:30pm Back and Legs

**21** 8am-5pm **Massage available** by appointment  
11-11:30am Upper Body  
11:30am-12pm Lower Body  
2-2:30pm Lower Body  
5-5:30pm Upper Body

**22**  
11-11:30am Back and Legs  
2-2:30pm Balance/Strength

**23** 8am -5pm **Massage available** by appointment  
11-11:30am Lower Body  
11:30am-12pm Upper Body  
2-2:30pm Upper Body  
5-5:30pm Strength/Mobility

**24**  
11-11:30am  
Strength/Mobility

**27**  
CLOSED

**28** 8am-5pm **Massage available** by appointment  
11-11:30am Upper Body  
11:30am-12pm Lower Body  
2-2:30pm Lower Body  
5-5:30pm Upper Body

**29**  
11-11:30am Back and Legs  
2-2:30pm Balance/Strength

**30** 8am -5pm **Massage available** by appointment  
11-11:30am Lower Body  
11:30am-12pm Upper Body  
2-2:30pm Upper Body  
5-5:30pm Strength/Mobility

**31**  
11-11:30am  
Strength/Mobility