



C·O·R·E
PHYSICAL THERAPY

MONDAY

1
11-11:30am
Balance/Strength

2-2:30pm Back and Legs

8
11-11:30am
Balance/Strength

2-2:30pm Back and Legs

15
11-11:30am
Balance/Strength

2-2:30pm Back and Legs

22
11-11:30am
Balance/Strength

2-2:30pm Back and Legs

29
11-11:30am
Balance/Strength

2-2:30pm Back and Legs

TUESDAY

2 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

9 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

16 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

23 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

30 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

WEDNESDAY

3
11-11:30am Back and Legs

2-2:30pm Balance/Strength

10
11-11:30am Back and Legs

2-2:30pm Balance/Strength

17
11-11:30am Back and Legs

2-2:30pm Balance/Strength

24
11-11:30am Back and Legs

2-2:30pm Balance/Strength

31
11-11:30am Back and Legs

2-2:30pm Balance/Strength

THURSDAY

4

CLOSED

11 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

18 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

25 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

FRIDAY

5
11-11:30am
Strength/Mobility

12
11-11:30am
Strength/Mobility

19
11-11:30am
Strength/Mobility

26
11-11:30am
Strength/Mobility

Massage Therapy by appointment as noted
Michael Foster, CMT