

MARCH 2023



C.O.R.E.
PHYSICAL THERAPY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Massage Therapy by appointment as noted
Michael Foster, CMT

1
11-11:30am Back Class
2-2:30pm Balance/Strength

2
8am -5pm **Massage available** by appointment
11-11:30am Back/Leg Strength
11:30am-12pm Core/Posture
2-2:30pm Core/Posture
5-5:30pm Strength/Mobility

3
11-11:30am
Balance/Strength

4

6
11-11:30am
Balance/Strength
2-2:30pm Back Class

7
8am-5pm **Massage available** by appointment
11-11:30am Core/Posture
11:30am-12pm Back/Leg Strength
2-2:30pm Back/Leg Strength
5-5:30pm Core/Posture

8
11-11:30am Back Class
2-2:30pm Balance/Strength

9
8am -5pm **Massage available** by appointment
11-11:30am Back/Leg Strength
11:30am-12pm Core/Posture
2-2:30pm Core/Posture
5-5:30pm Strength/Mobility

10
11-11:30am
Balance/Strength

11

13
11-11:30am
Balance/Strength
2-2:30pm Back Class

14
8am-5pm **Massage available** by appointment
11-11:30am Core/Posture
11:30am-12pm Back/Leg Strength
2-2:30pm Back/Leg Strength
5-5:30pm Core/Posture

15
11-11:30am Back Class
2-2:30pm Balance/Strength

16
8am -5pm **Massage available** by appointment
11-11:30am Back/Leg Strength
11:30am-12pm Core/Posture
2-2:30pm Core/Posture
5-5:30pm Strength/Mobility

17
11-11:30am
Balance/Strength

CLOSED 12pm

18

20
11-11:30am
Balance/Strength
2-2:30pm Back Class

21
8am-5pm **Massage available** by appointment
11-11:30am Core/Posture
11:30am-12pm Back/Leg Strength
2-2:30pm Back/Leg Strength
5-5:30pm Core/Posture

22
11-11:30am Back Class
2-2:30pm Balance/Strength

23
8am -5pm **Massage available** by appointment
11-11:30am Back/Leg Strength
11:30am-12pm Core/Posture
2-2:30pm Core/Posture
5-5:30pm Strength/Mobility

24
11-11:30am
Balance/Strength

25

27
11-11:30am
Balance/Strength
2-2:30pm Back Class

28
8am-5pm **Massage available** by appointment
11-11:30am Core/Posture
11:30am-12pm Back/Leg Strength
2-2:30pm Back/Leg Strength
5-5:30pm Core/Posture

29
11-11:30am Back Class
2-2:30pm Balance/Strength

30
8am -5pm **Massage available** by appointment
11-11:30am Back/Leg Strength
11:30am-12pm Core/Posture
2-2:30pm Core/Posture
5-5:30pm Strength/Mobility

31
11-11:30am
Balance/Strength