



C·O·R·E
PHYSICAL THERAPY

MONDAY

5
11-11:30am
Balance/Strength

2-2:30pm Back and Legs

12
11-11:30am
Balance/Strength

2-2:30pm Back and Legs

19
11-11:30am
Balance/Strength

2-2:30pm Back and Legs

26
11-11:30am
Balance/Strength

2-2:30pm Back and Legs

TUESDAY

6 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

13 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

20 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

27 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

7
11-11:30am Back and Legs

2-2:30pm Balance/Strength

14
11-11:30am Back and Legs

2-2:30pm Balance/Strength

21
11-11:30am Back and Legs

2-2:30pm Balance/Strength

28
11-11:30am Back and Legs

2-2:30pm Balance/Strength

THURSDAY

8 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

15 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

22 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

29 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

9
11-11:30am
Strength/Mobility

16
11-11:30am
Strength/Mobility

23
11-11:30am
Strength/Mobility

30
11-11:30am
Strength/Mobility

Massage Therapy by appointment as noted
Michael Foster, CMT