



C·O·R·E
PHYSICAL THERAPY

MONDAY

5
11-11:30am
Balance/Strength

2-2:30pm Back and Legs

9
11-11:30am
Balance/Strength

2-2:30pm Back and Legs

16
11-11:30am
Balance/Strength

2-2:30pm Back and Legs

23
11-11:30am
Balance/Strength

2-2:30pm Back and Legs

29
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

10 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

17 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

24 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

7
11-11:30am Back and Legs

2-2:30pm Balance/Strength

11
11-11:30am Back and Legs

2-2:30pm Balance/Strength

18
11-11:30am Back and Legs

2-2:30pm Balance/Strength

25
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

12 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

19 8am -5pm **Massage available** by appointment
11-11:30am Lower Body
Closed 11:30am - 2pm
2-2:30pm Upper Body
5-5:30pm Strength/Mobility

26 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

6
11-11:30am
Strength/Mobility

13
11-11:30am
Strength/Mobility

20
11-11:30am
Strength/Mobility

27
11-11:30am
Strength/Mobility

Massage Therapy by appointment as noted
Michael Foster, CMT