



C·O·R·E
PHYSICAL THERAPY

JUNE 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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

2
11-11:30am Leg Strength
2-2:30pm Upper Body

3
11-11:30am
Strength/Mobility

4

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

7
11-11:30am Upper Body
2-2:30pm Leg Strength

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

9
11-11:30am Leg Strength
2-2:30pm Upper Body

10
11-11:30am
Strength/Mobility

11

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

14
11-11:30am Upper Body
2-2:30pm Leg Strength

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

16
11-11:30am Leg Strength
2-2:30pm Upper Body

17
11-11:30am
Strength/Mobility

18

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

21
11-11:30am Upper Body
2-2:30pm Leg Strength

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

23
11-11:30am Leg Strength
2-2:30pm Upper Body

24
11-11:30am
Strength/Mobility

25

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

28
11-11:30am Upper Body
2-2:30pm Leg Strength

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

30
11-11:30am Leg Strength
2-2:30pm Upper Body