



**C·O·R·E**  
PHYSICAL THERAPY

## SCHEDULE

### SEPTEMBER 2024

#### MONDAY

#### TUESDAY

#### WEDNESDAY

#### THURSDAY

#### FRIDAY

<p><b>5</b> 8:30am-5:30pm <b>Massage available</b> by appointment 11:30am-12pm Back/Legs 2-2:30pm Core/Posture</p>	<p><b>6</b></p>	<p><b>7</b> 9am-6pm <b>Massage available</b> by appointment 11:30am-12pm Balance/Strength 2pm-2:30pm Back/Legs 5-5:30pm LE Sports Rehab</p>	<p><b>8</b> 11:30am-12pm Core/Posture</p>	<p><b>6</b> 8am-5pm <b>Massage available</b> by appointment</p>
<p><b>9</b> 8:30am-5:30pm <b>Massage available</b> by appointment 11:30am-12pm Back/Legs 2-2:30pm Core/Posture</p>	<p><b>10</b></p>	<p><b>11</b> 9am-6pm <b>Massage available</b> by appointment 11:30am-12pm Balance/Strength 2pm-2:30pm Back/Legs 5-5:30pm LE Sports Rehab</p>	<p><b>12</b> 11:30am-12pm Core/Posture</p>	<p><b>13</b> 8am-5pm <b>Massage available</b> by appointment</p>
<p><b>16</b> 8:30am-5:30pm <b>Massage available</b> by appointment 11:30am-12pm Back/Legs 2-2:30pm Core/Posture</p>	<p><b>17</b></p>	<p><b>18</b> 9am-6pm <b>Massage available</b> by appointment 11:30am-12pm Balance/Strength 2pm-2:30pm Back/Legs 5-5:30pm LE Sports Rehab</p>	<p><b>19</b> Closed 11:30am - 2pm</p>	<p><b>20</b> 8am-5pm <b>Massage available</b> by appointment</p>
<p><b>23</b> 8:30am-5:30pm <b>Massage available</b> by appointment 11:30am-12pm Back/Legs 2-2:30pm Core/Posture</p>	<p><b>24</b></p>	<p><b>25</b> 9am-6pm <b>Massage available</b> by appointment 11:30am-12pm Balance/Strength 2pm-2:30pm Back/Legs 5-5:30pm LE Sports Rehab</p>	<p><b>26</b> 11:30am-12pm Core/Posture</p>	<p><b>27</b> 8am-5pm <b>Massage available</b> by appointment</p>
<p><b>29</b> 8:30am-5:30pm <b>Massage available</b> by appointment 11:30am-12pm Back/Legs 2-2:30pm Core/Posture</p>	<p><b>30</b></p>	<p><b>Massage Therapy by appointment as noted</b> Pilar Alvarez, CMT</p>		