



SCHEDULE

JANUARY 2023

MONDAY

2
9am-6pm
Massage available by appointment
11:30am-12pm
Balance/Strength

9
9am-6pm
Massage available by appointment
11:30am-12pm
Balance/Strength

16
9am-6pm
Massage available by appointment
11:30am-12pm
Balance/Strength

23
9am-6pm
Massage available by appointment
11:30am-12pm
Balance/Strength

30
9am-6pm
Massage available by appointment
11:30am-12pm
Balance/Strength

TUESDAY

3
11:30am-12pm
Back/Leg Strength

5-6pm Step Class

10
11:30am-12pm
Back/Leg Strength

5-6pm Step Class

17
11:30am-12pm
Back/Leg Strength

5-6pm Step Class

24
11:30am-12pm
Back/Leg Strength

5-6pm Step Class

31
11:30am-12pm
Back/Leg Strength

5-6pm Step Class

WEDNESDAY

4
9am-6pm
Massage available by appointment
11:30am-12pm
Balance/Strength

11
9am-6pm
Massage available by appointment
11:30am-12pm
Balance/Strength

18
9am-6pm
Massage available by appointment
11:30am-12pm
Balance/Strength

25
9am-6pm
Massage available by appointment
11:30am-12pm
Balance/Strength

THURSDAY

5
11:30am-12pm Core
Posture/Strength

5-6pm Step Class

12
11:30am-12pm Core
Posture/Strength

5-6pm Step Class

19
11:30am-12pm Core
Posture/Strength

5-6pm Step Class

26
11:30am-12pm Core
Posture/Strength

5-6pm Step Class

FRIDAY

6
8am -12pm **Massage available** by appointment
11:30am-12pm
Balance/Strength

13
8am -12pm **Massage available** by appointment
11:30am-12pm
Balance/Strength

20
8am -12pm **Massage available** by appointment
11:30am-12pm
Balance/Strength

27
8am -12pm **Massage available** by appointment
11:30am-12pm
Balance/Strength

SATURDAY

7

14

21

28

Massage Therapy by appointment as noted
Christian Trigueros, CMT and Billy Martinez, CMT

Personal training available by appointment
Jonathan Limon, BS