



C·O·R·E
PHYSICAL THERAPY

MONDAY

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

9
11-11:30am
Balance/Strength
2-2:30pm Back Class

16
11-11:30am
Balance/Strength
2-2:30pm Back Class

23
11-11:30am
Balance/Strength
2-2:30pm Back Class

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

TUESDAY

3
11-11:30am Core/Posture
11:30am-12pm Back/Leg
Strength
2-2:30pm Back/Leg Strength
5-5:30pm Core/Posture

10
11-11:30am Core/Posture
11:30am-12pm Back/Leg
Strength
2-2:30pm Back/Leg Strength
5-5:30pm Core/Posture

17
11-11:30am Core/Posture
11:30am-12pm Back/Leg
Strength
2-2:30pm Back/Leg Strength
5-5:30pm Core/Posture

24
11-11:30am Core/Posture
11:30am-12pm Back/Leg
Strength
2-2:30pm Back/Leg Strength
5-5:30pm Core/Posture

31
11-11:30am Core/Posture
11:30am-12pm Back/Leg
Strength
2-2:30pm Back/Leg Strength
5-5:30pm Core/Posture

WEDNESDAY

4
11-11:30am Back Class
2-2:30pm Balance/Strength

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

18
11-11:30am Back Class
2-2:30pm Balance/Strength

25
11-11:30am Back Class
2-2:30pm Balance/Strength

THURSDAY

5
11-11:30am Back/Leg
Strength
11:30am-12pm Core/Posture
2-2:30pm Core/Posture
5-5:30pm Strength/Mobility

12
11-11:30am Back/Leg
Strength
11:30am-12pm Core/Posture
2-2:30pm Core/Posture
5-5:30pm Strength/Mobility

19
11-11:30am Back/Leg
Strength
11:30am-12pm Core/Posture
2-2:30pm Core/Posture
5-5:30pm Strength/Mobility

26
11-11:30am Back/Leg
Strength
11:30am-12pm Core/Posture
2-2:30pm Core/Posture
5-5:30pm Strength/Mobility

FRIDAY

6
11-11:30am
Balance/Strength

13
11-11:30am
Balance/Strength

20
11-11:30am
Balance/Strength

27
11-11:30am
Balance/Strength

SATURDAY

7

14

21

28