



**C·O·R·E**  
PHYSICAL THERAPY

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

### SATURDAY

**1**  
11-11:30am Upper Body  
11:30am-12pm Leg Strength  
5-5:30pm Upper Body

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

**3**  
11-11:30am Leg Strength  
11:30am-12pm Upper Body  
5-5:30pm Strength/Mobility

**4**  
11-11:30am  
Strength/Mobility

**5**

**7**  
11-11:30am  
Balance/Strength  
2-2:30pm Back Class

**8**  
11-11:30am Upper Body  
11:30am-12pm Leg Strength  
5-5:30pm Upper Body

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

**10**  
11-11:30am Leg Strength  
11:30am-12pm Upper Body  
5-5:30pm Strength/Mobility

**11**  
11-11:30am  
Strength/Mobility

**12**

**14**  
11-11:30am  
Balance/Strength  
2-2:30pm Back Class

**15**  
11-11:30am Upper Body  
11:30am-12pm Leg Strength  
5-5:30pm Upper Body

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

**17**  
11-11:30am Leg Strength  
11:30am-12pm Upper Body  
5-5:30pm Strength/Mobility

**18**  
11-11:30am  
Strength/Mobility

**19**

**21**  
11-11:30am  
Balance/Strength  
2-2:30pm Back Class

**22**  
11-11:30am Upper Body  
11:30am-12pm Leg Strength  
5-5:30pm Upper Body

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

**24**  
CLOSED

**25**  
CLOSED

**26**

**28**  
11-11:30am  
Balance/Strength  
2-2:30pm Back Class

**29**  
11-11:30am Upper Body  
11:30am-12pm Leg Strength  
5-5:30pm Upper Body

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