



C·O·R·E
PHYSICAL THERAPY

SCHEDULE

JUNE 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

11:30am-12pm
Balance/Strength

4-4:30pm Back Class

2

11:30am-12pm Upper Body
2-2:30pm Leg Strength
5-6pm Bootcamp

2pm -6pm **Massage available** by appointment

3

8am -12pm **Massage available** by appointment

11:30am-12pm
Strength/Mobility

4

5

6

8am -6pm **Massage available** by appointment

11:30am-12pm Back Class

4-4:30pm Balance/Strength

7

11:30am-12pm Leg Strength

2-2:30pm Upper Body

5-6pm Bootcamp

8

11:30am-12pm
Balance/Strength

4-4:30pm Back Class

9

11:30am-12pm Upper Body
2-2:30pm Leg Strength
5-6pm Bootcamp

2pm -6pm **Massage available** by appointment

10

8am -12pm **Massage available** by appointment

11:30am-12pm
Strength/Mobility

BINGO Event

11

12

8am -6pm **Massage available** by appointment

11:30am-12pm Back Class

4-4:30pm Balance/Strength

13

11:30am-12pm Leg Strength

2-2:30pm Upper Body

5-6pm Bootcamp

14

11:30am-12pm
Balance/Strength

4-4:30pm Back Class

15

11:30am-12pm Upper Body
2-2:30pm Leg Strength
5-6pm Bootcamp

2pm -6pm **Massage available** by appointment

16

8am -12pm **Massage available** by appointment

11:30am-12pm
Strength/Mobility

17

18

8am -6pm **Massage available** by appointment

11:30am-12pm Back Class

4-4:30pm Balance/Strength

19

11:30am-12pm Leg Strength

2-2:30pm Upper Body

5-6pm Bootcamp

20

11:30am-12pm
Balance/Strength

4-4:30pm Back Class

21

11:30am-12pm Upper Body
2-2:30pm Leg Strength
5-6pm Bootcamp

2pm -6pm **Massage available** by appointment

22

8am -12pm **Massage available** by appointment

11:30am-12pm
Strength/Mobility

23

24

8am -6pm **Massage available** by appointment

11:30am-12pm Back Class

4-4:30pm Balance/Strength

25

11:30am-12pm Leg Strength

2-2:30pm Upper Body

5-6pm Bootcamp

26

11:30am-12pm
Balance/Strength

4-4:30pm Back Class

27

11:30am-12pm Upper Body
2-2:30pm Leg Strength
5-6pm Bootcamp

2pm -6pm **Massage available** by appointment

28

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

Personal training available by appointment
Jacob Brink, BS