

SEPTEMBER 2022



C·O·R·E
PHYSICAL THERAPY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

[Empty box for Monday]

1
11-11:30am Leg Strength
2-2:30pm Upper Body

2
11-11:30am
Strength/Mobility

3

5
CLOSED

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

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

8
11-11:30am Leg Strength
2-2:30pm Upper Body

9
11-11:30am
Strength/Mobility

10

12
11-11:30am
Balance/Strength
2-2:30pm Back Class

13
11-11:30am Upper Body
2-2:30pm Leg Strength

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

15
11-11:30am Leg Strength
2-2:30pm Upper Body

16
11-11:30am
Strength/Mobility

17

19
11-11:30am
Balance/Strength
2-2:30pm Back Class

20
11-11:30am Upper Body
2-2:30pm Leg Strength

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

22
11-11:30am Leg Strength
2-2:30pm Upper Body

23
11-11:30am
Strength/Mobility

24

26
11-11:30am
Balance/Strength
2-2:30pm Back Class

27
11-11:30am Upper Body
2-2:30pm Leg Strength

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

29
11-11:30am Leg Strength
2-2:30pm Upper Body

30
11-11:30am
Strength/Mobility

[Empty box for Saturday]