



C.O.R.E.
PHYSICAL THERAPY

JULY 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

				1 11-11:30am Strength/Mobility	2
4 CLOSED	5 11-11:30am Upper Body 2-2:30pm Leg Strength	6 11-11:30am Back Class 2-2:30pm Balance/Strength	7 11-11:30am Leg Strength 2-2:30pm Upper Body	8 11-11:30am Strength/Mobility	9
11 11-11:30am Balance/Strength 2-2:30pm Back Class	12 11-11:30am Upper Body 2-2:30pm Leg Strength	13 11-11:30am Back Class 2-2:30pm Balance/Strength	14 11-11:30am Leg Strength 2-2:30pm Upper Body	15 11-11:30am Strength/Mobility	16
18 11-11:30am Balance/Strength 2-2:30pm Back Class	19 11-11:30am Upper Body 2-2:30pm Leg Strength	20 11-11:30am Back Class 2-2:30pm Balance/Strength	21 11-11:30am Leg Strength 2-2:30pm Upper Body	22 11-11:30am Strength/Mobility	23
25 11-11:30am Balance/Strength 2-2:30pm Back Class	26 11-11:30am Upper Body 2-2:30pm Leg Strength	27 11-11:30am Back Class 2-2:30pm Balance/Strength	28 11-11:30am Leg Strength 2-2:30pm Upper Body	29 11-11:30am Strength/Mobility	30