

FULLERTON WELLNESS CENTER

1027 N. Harbor Blvd. Suite B Fullerton, CA 92832 714.870.U4PT (8478)



SCHEDULE

NOVEMBER 2022

* Appointments recommended for Balance/Strength classes. Class max applies.

MONDAY

**Gym area is open
Mon-Thurs 8am-12pm
and 2-7pm,
Fri 8am-12pm and 1-5pm,
and Sat 8am-12pm.**

TUESDAY

1 11:30am-12 Balance/Strength
12:15-1pm Trail Walking
1:30-2:15pm Parkinson's Boxing
2:30-3pm Leg Strength
9am -6:30pm **Massage
available** by appointment

WEDNESDAY

2 11:30am-12pm Back Class
2:30-3pm Upper Body
8am -6pm **Massage
available** by appointment

THURSDAY

3 11:30am-12 Balance/Strength
12:15-1pm Cardio Kickbox
2:30-3pm Leg Strength
9am -7pm **Massage
available** by appointment

FRIDAY

4 11:30am-12pm
Balance/Strength
8am -5pm **Massage
available** by appointment

SATURDAY

5 9-10am Boot Camp

7 8am -6pm **Massage
available** by appointment
11:30am-12pm Upper Body
2:30-3pm Back Class
5-6pm Bootcamp

8 11:30am-12 Balance/Strength
12:15-1pm Trail Walking
1:30-2:15pm Parkinson's Boxing
2:30-3pm Leg Strength
9am -6:30pm **Massage
available** by appointment

9 11:30am-12pm Back Class
2:30-3pm Upper Body
8am -6pm **Massage
available** by appointment

10 11:30am-12 Balance/Strength
12:15-1pm Cardio Kickbox
2:30-3pm Leg Strength
9am -7pm **Massage
available** by appointment

11 11:30am-12pm
Balance/Strength
8am -5pm **Massage
available** by appointment

12 9-10am Boot Camp
8am -12pm **Massage
available** by appointment

14 8am -6pm **Massage
available** by appointment
11:30am-12pm Upper Body
2:30-3pm Back Class
5-6pm Bootcamp

15 11:30am-12 Balance/Strength
12:15-1pm Trail Walking
1:30-2:15pm Parkinson's Boxing
2:30-3pm Leg Strength
9am -6:30pm **Massage
available** by appointment

16 11:30am-12pm Back Class
2:30-3pm Upper Body
8am -6pm **Massage
available** by appointment

17 11:30am-12 Balance/Strength
12:15-1pm Cardio Kickbox
2:30-3pm Leg Strength
9am -7pm **Massage
available** by appointment

18 11:30am-12pm
Balance/Strength
8am -5pm **Massage
available** by appointment

19 9-10am Boot Camp
8am -12pm **Massage
available** by appointment

21 8am -6pm **Massage
available** by appointment
11:30am-12pm Upper Body
2:30-3pm Back Class
5-6pm Bootcamp

22 11:30am-12 Balance/Strength
12:15-1pm Trail Walking
1:30-2:15pm Parkinson's Boxing
2:30-3pm Leg Strength
9am -6:30pm **Massage
available** by appointment

23 11:30am-12pm Back Class
2:30-3pm Upper Body
8am -6pm **Massage
available** by appointment

24
CLOSED

25
CLOSED

26
CLOSED

28 8am -6pm **Massage
available** by appointment
11:30am-12pm Upper Body
2:30-3pm Back Class
5-6pm Bootcamp

29 11:30am-12 Balance/Strength
12:15-1pm Trail Walking
1:30-2:15pm Parkinson's Boxing
2:30-3pm Leg Strength
9am -6:30pm **Massage
available** by appointment

30 11:30am-12pm Back Class
2:30-3pm Upper Body
8am -6pm **Massage
available** by appointment

Massage Therapy by appointment as noted
Christian Trigueros, CMT and Billy Martinez, CMT
Personal training by appointment
Frank Lopez, BS, CSCS or Jacob Brink, BS