



C·O·R·E
PHYSICAL THERAPY

FULLERTON WELLNESS CENTER

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

CLASS SCHEDULE

MAY 2015

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Personal Training rates as low as \$15.00!

James Maynard, BS, CSCS or Michael Siyluy, BS in Fullerton 714 870-8478

Jon Arroyave, BS in Orange 714 538-1952

***Ask us about CORE's Fitness challenge.**

1
9:30 am Therapeutic Pilates
10 am Pilates
11 am Gait/Balance

2
8am-12pm personal training available
9 am Boot Camp
10 am Pilates
Gym Open 8 am - 12 pm
49 days left*

8
9:30 am Therapeutic Pilates
10 am Pilates
11 am Gait/Balance

9
8am-12pm personal training available
9 am Boot Camp
10 am Pilates
Gym Open 8 am - 12 pm
42 days left*

15
9:30 am Therapeutic Pilates
10 am Pilates
11 am Gait/Balance

16
8am-12pm personal training available
9 am Boot Camp
10 am Pilates
Gym Open 8 am - 12 pm
35 days left*

22
9:30 am Therapeutic Pilates
10 am Pilates
11 am Gait/Balance

23
CLOSED
28 days left*

29
9:30 am Therapeutic Pilates
10 am Pilates
11 am Gait/Balance

30
8am-12pm personal training available
9 am Boot Camp
10 am Pilates
Gym Open 8 am - 12 pm
21 days left*

4
9:30 am Therapeutic Pilates
10 am Pilates
11 am Gait/Balance
6 pm Boot Camp

5
9:30 am Back/Spine
10 am Core Fundamentals
5:30 pm Yoga/Pilates

6
9:30 am Therapeutic Pilates
10 am Pilates
11 am Gait/Balance
6 pm Boot Camp

7
9:30 am Back/Spine
10 am Core Fundamentals
5:30 pm Beginners' Yoga/Pilates

11
9:30 am Therapeutic Pilates
10 am Pilates
11 am Gait/Balance
6 pm Boot Camp

12
9:30 am Back/Spine
10 am Core Fundamentals
5:30 pm Yoga/Pilates

13
9:30 am Therapeutic Pilates
10 am Pilates
11 am Gait/Balance
6 pm Boot Camp

14
9:30 am Back/Spine
10 am Core Fundamentals
5:30 pm Beginners' Yoga/Pilates

18
9:30 am Therapeutic Pilates
10 am Pilates
11 am Gait/Balance
6 pm Boot Camp

19
9:30 am Back/Spine
10 am Core Fundamentals
5:30 pm Yoga/Pilates

20
9:30 am Therapeutic Pilates
10 am Pilates
11 am Gait/Balance
6 pm Boot Camp

21
9:30 am Back/Spine
10 am Core Fundamentals
CLOSED AT 12pm

25
CLOSED

26
9:30 am Back/Spine
10 am Core Fundamentals
5:30 pm Yoga/Pilates

27
9:30 am Therapeutic Pilates
10 am Pilates
11 am Gait/Balance
6 pm Boot Camp

28
9:30 am Back/Spine
10 am Core Fundamentals
5:30 pm Beginners' Yoga/Pilates