



July Wellness Calendar

Monday

Tuesday

Wednesday

Thursday

Friday



Weigh in today

2
Uconn
Nutrition

3
Ballroom Basics
With
Michael Ramirez

4
MARC Closed
4th of July

7
Wellness Walk



9
Workout with
Wakime

10
Move & Groove
With
Dawn Russell

11
Wellness Walk

14
Wellness Walk



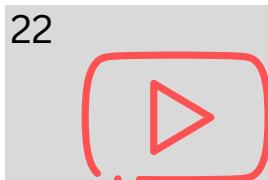
Weigh in today

16
Workout With
Jacob & Roy



18
Wellness Walk

21
Wellness Walk



23
Workout with
Wakime

24
Share Your Talent
With
Dawn Russell

25
Wellness Walk

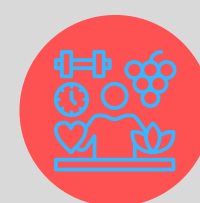
28
Wellness Walk



Weigh in today

30
Let the Gainz
Begin
With Amy & Emma

31
Line Dancing
With
Juliana



All activities take place in the 151 Sheldon Rd. fitness center starting at 12:30 pm and are open to all people served and staff.
Please see Amanda Moore with any questions. amoore@marcct.org