

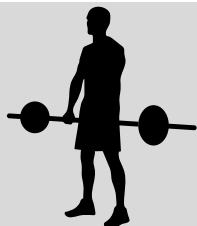


# August Wellness Calendar

Monday



Tuesday



Wednesday



Thursday



Friday

1

Wellness Walk

4

Wellness Walk

5



6

Workout with  
Wakime

7

Let the Gainz  
Begin  
With Amy & Emma

8

Wellness Walk

11

Wellness Walk

12



Weigh in today

13

Workout With  
Jacob & Roy

14

Ballroom Basics  
With  
Michael Ramirez

15

Wellness Walk

18

Wellness Walk

19



20

Workout with  
Wakime

21

Share Your Talent  
With  
Dawn Russell

22

Wellness Walk

25

Wellness Walk

26



Weigh in today

27



28

Line Dancing  
With  
Juliana

29

Wellness Walk

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](mailto:amoore@marcct.org)