



# July Wellness Calendar

Monday

Tuesday

Wednesday

Thursday

Friday



1  
**WELLNESS  
WALK**

2  
**SEATED WORKOUT**  
 **YouTube**

3  


6  
**STRETCH**  
 **YouTube**

7  
**WELLNESS  
WALK**

8  
**WORKOUT  
WITH  
ROY & JACOB**

9  
**WELLNESS  
WALK**

10  
**ZUMBA**  
 **YouTube**

13  
**SEATED WORKOUT**  
 **YouTube**

14  
**WELLNESS  
WALK**

15  
**MUSIC THERAPY  
WITH  
MADISON**

16  
**INDOOR WALK**  
 **YouTube**

17  
**SHARE YOUR  
TALENT WITH  
DAWN RUSSELL**

20  
**WORKOUT  
WITH  
ROY**

21  
**WELLNESS  
WALK**

22  
**WELLNESS  
WALK**

23  
**WELLNESS  
WALK**

24  
**WELLNESS  
WALK**

27  
**BALANCE**  
 **YouTube**

28  
**WELLNESS  
WALK**

29  
**WELLNESS  
WALK**

30  
**TAI CHI**  
 **YouTube**

31  
**BALLROOM  
BASICS WITH  
MICHAEL RAMIREZ**

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)