



April Wellness Calendar

Monday

Tuesday

Wednesday

Thursday

Friday



**THIS APRIL,
"PUT YOUR BEST FOOT FORWARD"
JOIN THE WELLNESS WALKS
AND WIN A PRIZE!**

1
TAI CHI
 YouTube

2
WELLNESS WALK

3
ZUMBA
 YouTube

6
WORKOUT WITH ROY & JACOB

7
SEATED WORKOUT
 YouTube

8
BALANCE
 YouTube

9
WELLNESS WALK

10
BALLROOM DANCING WITH MICHAEL RAMIREZ

13
STRETCH
 YouTube

14
SEATED WORKOUT
 YouTube

15
MUSIC THERAPY WITH MADISON

16
WELLNESS WALK

17
DANCE
 YouTube

20
STRETCH
 YouTube

21
SEATED WORKOUT
 YouTube

22
TAI CHI
 YouTube

23
WELLNESS WALK

24
SHARE YOUR TALENT WITH DAWN RUSSELL

27
WORKOUT WITH ROY & JACOB

28
SEATED WORKOUT
 YouTube

29
BALANCE
 YouTube

30
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