



# February Wellness Calendar

Monday

Tuesday


Wednesday


Thursday


Friday


3  
Ballroom Basics  
With  
Michael Ramirez

4 Yes 2 Next  

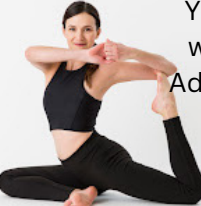

5  
  
Metro Physical Therapy


6  
  
Senior Shape Fitness

7  
Let the gainz begin!  
  
with Amy & Emma

10  


11  
Workout  
with  
Wakime


12  
  
Yoga  
with  
Adriene


13 Yes 2 Next  


14  
Valentines Day  
Karaoke  
With Dawn Russell

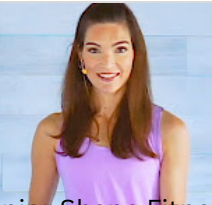
17  
MARC Closed  
Presidents Day

18  
  
Metro Physical Therapy


19  
  
Senior Shape Fitness

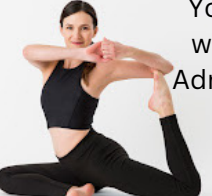
20  


21  
Play Ball  
With Tracy Watt

24  
  
Senior Shape Fitness

25  
Uconn  
Nutrition Class

26 Yes 2 Next  


27  
  
Yoga  
with  
Adriene

28  
Karaoke  
With  
Dawn Russell



All activities take place in the 151 Sheldon Rd. fitness center from 12:30 pm - 1:30 pm and are open to all people served and staff.  
Please see Amanda Moore with any questions. [amoore@marcct.org](mailto:amoore@marcct.org)