



June Wellness Calendar

Monday

Tuesday

Wednesday

Thursday

Friday

1

TAI CHI
 **YouTube**

2

**WELLNESS
WALK**

3

INDOOR WALK
 **YouTube**

4

**MARC'S
GOT TALENT
PRACTICE**

5

**WELLNESS
WALK**

8

**WELLNESS
WALK**

9

STRETCH
 **YouTube**

10

**WORKOUT
WITH
ROY & JACOB**

11

**MARC'S
GOT TALENT
PRACTICE**

12

**WELLNESS
WALK**

15

SEATED WORKOUT
 **YouTube**

16

**SHARE YOUR
TALENT WITH
DAWN RUSSELL**

17

**MUSIC THERAPY
WITH
MADISON**

18

**MARC'S
GOT TALENT
PRACTICE**

19

**WELLNESS
WALK**

22

**WORKOUT
WITH
ROY**

23

ZUMBA
 **YouTube**

24

**WORKOUT
WITH
WAKIME**

25

SEATED WORKOUT
 **YouTube**

26

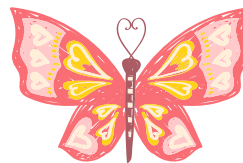
**WELLNESS
WALK**

29

BALANCE
 **YouTube**

30

**BALLROOM
BASICS WITH
MICHAEL RAMIREZ**



**Hello
Summer**



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