January Wellness Calendar MARC Inc. Wellness Monday Tuesday Wednesday Thursday Friday Let the gainz begin 2 3 1 New Year New Year's Day wellness program MARC Closed info session with Amy & Emma 6 7 8 9 10 20 MINUTES - BALANCE - CARDIO - STRENGTH Workout **Matters** With Wakime WEIGHT LOSS ALL-IN-ONE WORKOUT WORKOUT 13 14 15 16 17 GENTLE EXERCISES Health Matters Chi Chi's FOR JORS & BECIVNERS **Dance** Party 22 20 23 24 21 Martin Luther King Health Matters Dav MARC Closed 27 28 29 30 31 20 MIN MIX SLIVER SNEAKERS CLASS Health 25-minute Natters ALL STANDING walk and dance CARDIO & STRENGTH

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