

March Wellness Calendar

Monday


Tuesday

Wednesday

Thursday

Friday

3 Yes 2 Next




4 Ballroom Basics
With
Michael Ramirez

5




Metro Physical Therapy

6




Senior Shape Fitness

7 Let the gainz begin!




with Amy & Emma

10 Get Fit
with Rick




11 Body Project



12



13 Yes 2 Next




14 Show Your Talent
With
Dawn Russell

17




Metro Physical Therapy

18




Senior Shape Fitness

19 Get Fit
with Rick



20 Body Project




21 Play Ball
With Tracy Watt

24



25 Uconn
Nutrition Class

26 Yes 2 Next



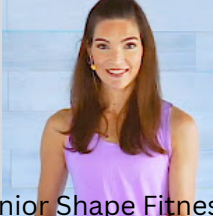
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Metro Physical Therapy

28 Show Your Talent
With
Dawn Russell

31



Senior Shape Fitness



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