



January Wellness Calendar

Monday

STRONG TODAY,
STRONGER
TOMORROW

Tuesday



Wednesday

THE ONLY BAD
WORKOUT IS THE
ONE YOU DIDN'T DO

Thursday

1

MARC Closed

Friday

2

MARC Closed

5



TAI CHI
20 Mins
Seniors & Beginners

6

MORNING WEIGH IN

**WORKOUT
WITH
WAKIME**

7



STOP FALLS
BALANCE &
STABILITY
AGES 60+

8



ZUMBA
CHAIR
DANCE WORKOUT
40 MIN seated dance class

9



**STRENGTH
MOVEMENT**
OVER 60's CIRCUIT

12



KICKBOXING

13

**LINE DANCING
WITH
JULIANA**

14

**WORKOUT
WITH
ROY & JACOB**

15



Seated Cardio Fun!

16

**SHARE YOUR TALENT
WITH
DAWN RUSSELL**

19

MARC Closed

20

MORNING WEIGH IN



ZUMBA
gold
60s/70s Music
DANCE WORKOUT
20 MIN dance fitness class

21

**MUSIC THERAPY
WITH
MADISON**

22



90's MIX SILVER SNEAKERS CLASS

23



**20-MINUTE
DANCE WORKOUT
FOR SENIORS**
WITH SilverSneakers

26



**1960's
OLDIES BUT GOODIES
WORKOUT**
Kickstart Your Fitness Program DAY 1

27



80's Dance Party

28

**WORKOUT
WITH
ROY & JACOB**

29



**20 min
SEATED STRETCH**

30

**BALLROOM BASICS
WITH
MICHAEL RAMIREZ**

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