



March Wellness Calendar

Monday

Tuesday

Wednesday

Thursday

Friday

2

STRETCH
 YouTube

3

MORNING WEIGH IN

INDOOR WALKING
 YouTube

4

TAI CHI
 YouTube

5

SEATED WORKOUT
 YouTube

6

DANCE
 YouTube

9

WORKOUT
WITH
ROY & JACOB

10

INDOOR WALKING
 YouTube

11

BALANCE
 YouTube

12

SEATED WORKOUT
 YouTube

13

SHARE YOUR
TALENT WITH
DAWN RUSSELL

16

WORKOUT
WITH
ROY & JACOB

17

MORNING WEIGH IN

INDOOR WALKING
 YouTube

18

MUSIC THERAPY
WITH
MADISON

19

SEATED WORKOUT
 YouTube

20

DANCE
 YouTube

23

STRETCH
 YouTube

24

INDOOR WALKING
 YouTube

25

TAI CHI
 YouTube

26

SEATED WORKOUT
 YouTube

27

MARCH
MADNESS

30

STRETCH
 YouTube

31

INDOOR WALKING
 YouTube

Feeling
LUCKY



Happy
St. Patrick's
Day

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