



# June Wellness Calendar

Monday

Tuesday

Wednesday

Thursday

Friday

2



3



Weigh in today

4

MARC's Got  
Talent Practice

5

Uconn  
Nutrition

6

Let the Gainz  
Begin  
With Amy & Emma

9

Workout  
With Roy

10



11

MARC's Got  
Talent Practice

12

Ballroom Basics  
With  
Michael Ramirez

13

Wellness Walk

16



17



Weigh in today

18

Agency  
Cook Out

19

MARC Closed  
Juneteenth

20

Wellness Walk

23

Line Dancing  
With  
Juliana & Emma

24



25

Workout with  
Wakime

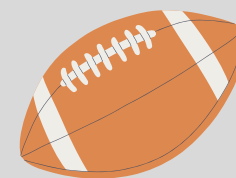
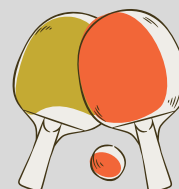
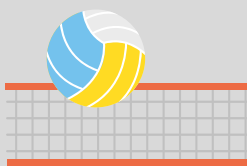
26

Wellness Walk

27

Wellness Walk

30



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](mailto:amoore@marcct.org)