



May Wellness Calendar

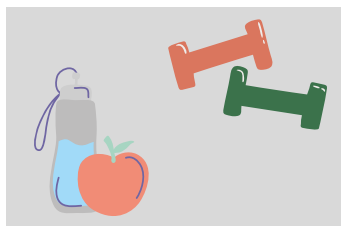
Monday



Tuesday



Wednesday



Thursday

Friday

5

Wellness Walk

6

Weigh in today

7

MARC's Got Talent Practice

8

Ballroom Basics With Michael Ramirez

9

Let the gainz begin!

with Amy & Emma

12

Workout With Roy

13

14

MARC's Got Talent Practice

15

Wellness Walk

16

19

Wellness Walk

20

Weigh in today

21

MARC's Got Talent Practice

22

Line Dancing With Juliana & Emma

23

26

MARC Closed Memorial Day

27

28

MARC's Got Talent Practice

29

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