



MARC Inc.
Wellness

February Wellness Calendar

Monday

2

**WORKOUT
WITH
ROY**

Tuesday

3

MORNING WEIGH IN



Wednesday

4

**WORKOUT
WITH
ROY & JACOB**

Thursday

5

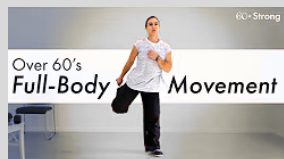


Friday

6



9



10



11



12



13

**SHARE YOUR
Love SONG
WITH DAWN RUSSELL** 

16

**MARC
Closed**

17

MORNING WEIGH IN



18

**MUSIC THERAPY
WITH
MADISON**

19



20



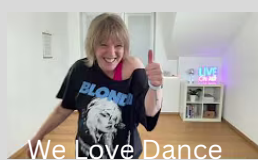
23



24



25



26



27

**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