MARC Inc. Wellness

November Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 Wellness Walk Outside	3 Stretch YouTube Weigh in 8:30 am	4 Workout with Roy & Jacob	5 Dance YouTube	6 Indoor Walk YouTube
9 Music Therapy with Madison	10 Tai chi YouTube	11 Workout with Wakime	12 UCONN Nutrition Class	13 Zumba YouTube
16 Seated workout YouTube	17 Balance YouTube Final Weigh in 8:30 am	18 Workout with Roy & Jacob	19 Wellness at Mahoney	20 Raffle Karaoke with Dawn
23 Ballroom Basics with Michael Ramirez	24 Seated workout YouTube	25 Indoor Walk YouTube	26 MARC Closed	27 MARC Closed
30 Dance YouTube				



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