

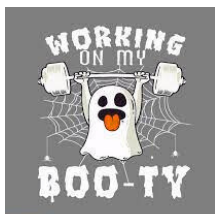


October Wellness Calendar

Monday



Tuesday



Wednesday



Thursday

2
Ballroom Basics
With
Michael Ramirez

Friday

3
Wellness
Walk

6
Wellness
Walk



8
Workout With
Jacob & Roy



10
Wellness
Walk

13
Wellness
Walk

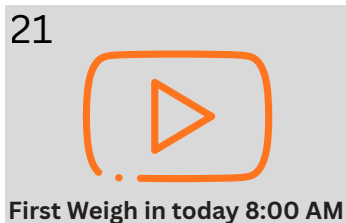


15
Workout With
Jacob & Roy

16
Ballroom Basics
With
Michael Ramirez

17
Wellness
Walk

20
Wellness
Walk



22
Let the Gainz
Begin with
Amy & Emma

23
Share Your
Talent With
Dawn Russell

24
Wellness
Walk

27
Wellness
Walk



29
Line Dancing
with
Juliana



31
Costume
Parade



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