



August Wellness Calendar

Monday

Tuesday

Wednesday

Thursday

Friday

3

TAI CHI



4

WELLNESS
WALK

5

Workout
with
Wakime

6

WELLNESS
WALK

7

WELLNESS
WALK

10

ZUMBA



11

WELLNESS
WALK

12

Music Therapy
with
Madison

13

WELLNESS
WALK

14

Raffle
Karaoke
with Dawn

17

Workout
with
Roy & Jacob

18

WELLNESS
WALK

19

Workout
with
Wakime

20

WELLNESS
WALK

21

Ballroom
Basics with
Michael Ramirez

24

STRETCH



25

WELLNESS
WALK

26

Workout
with
Roy & Jacob

27

WELLNESS
WALK

28

WELLNESS
WALK

31

SEATED WORKOUT



Happy Summer!

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