



MARC Inc.
Wellness

September Wellness Calendar

Monday



Tuesday

Wednesday

Thursday

Friday

1

WELLNESS
WALK

2

Workout
with
Roy & Jacob

3

WELLNESS
WALK

4

TAI CHI
 YouTube

7

MARC CLOSED
LABOR DAY

8

WELLNESS
WALK

9

STRETCH
 YouTube

10

WELLNESS
WALK

11

Raffle
Karaoke
with Dawn

14

SEATED WORKOUT
 YouTube

15

WELLNESS
WALK

16

Music Therapy
with
Madison

17

WELLNESS
WALK

18

ZUMBA
 YouTube

21

SEATED WORKOUT
 YouTube

22

Wellness
Fair!

23

WEIGH IN 8:30 AM

BALANCE
 YouTube

24

WELLNESS
WALK

25

Ballroom
Basics with
Michael Ramirez

28

SEATED WORKOUT
 YouTube

29

WELLNESS
WALK

30

Workout
with
Roy & Jacob



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