



December Wellness Calendar

Monday

Tuesday

Wednesday

Thursday

Friday

1



2



3



4



5



8

Workout With
Roy

9

Ballroom Basics
With
Michael Ramirez

10



11



12



15

Let the
Gainz Begin
with Emma

16

Line Dancing
with
Juliana

17

Music Therapy
with
Madison

18



19

Share Your Talent
With
Dawn Russell

22



23



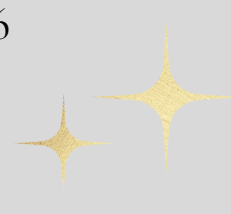
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30



31

Workout With
Roy & Jacob

Happy Holidays

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