



# January 2025

## WELLNESS CONNECTION

Office Hours: M-F 8 a.m. - 4 p.m.  
Fitness Club/Pool Hours: 6 a.m. - 7 p.m.




3400 Wagner Heights Road • Stockton, CA 95209  
Phone: (209) 956-3470

### MONDAY

POOL: 6 a.m. – 7p.m.

TONE UP  
9:00 - 9:45 a.m.

AQUA STRONG   
10:00 - 10:45 a.m.

STRONGER  
10:00 - 10:45 a.m.

BREATH &  
MOVEMENT  
11:00 - 11:30

### TUESDAY

POOL: 6 a.m. – 7p.m.

CHAIR DANCING  
(Seated/Standing to Music)  
10:00-10:30 a.m.

Water Walking   
10:00 - 10:30 a.m.

BASE CAMP  
10:45 - 11:30 a.m.

BUILD WITH BANDS  
1:30 - 2:15 p.m.

BRAIN FITNESS  
3:14 - 4:00 PM  
Tuesday 1/14 & 1/21

### WEDNESDAY

POOL: 6 a.m. – 7p.m.

TONE UP  
9:00 - 9:45 a.m.

AQUA STRONG   
10:00 - 10:45 a.m.


STRONGER  
10:00 - 10:45 a.m.

BREATH &  
MOVEMENT  
11:00 - 11:30

**INTERNATIONAL  
FOLK DANCE  
3:00 - 4:00 - Lead by  
Resident George  
Fairbrook**

### THURSDAY

POOL: 6 a.m. – 7p.m.

Water Walking   
10:00 - 10:30 a.m.

BASE CAMP  
10:45 - 11:30 a.m.

BUILD WITH BANDS  
1:30 - 2:15 p.m.

### FRIDAY

POOL: 6 a.m.-7 p.m.

TONE UP  
9:00 - 9:45 a.m.

STRONGER  
10:00-10:45 a.m.

#### *Cancellations for January:*

There will be no Group Exercise Classes on Wednesday, January 1. The gym/pool will remain open for your personal workouts.

# WELLNESS - Make it Unique to YOU!

# International Folk Dance Class

Join Resident George Fairbrook starting Wednesday, January 8th at 3:00 PM for International Folk Dance lessons. This will be a weekly 1 hour class at the Fitness club. There will be a variety of dances, like “Makedonsko Devoice” (Macedonian) will have slow foot movements; others, like “Charleston/Madison” (United States) will be fast, and many others. Join George for all the fun on Wednesday, January 8th.

Comfortable shoes and a small bottle of water are recommended!

It's not selfish to love yourself, take care of yourself, and to make your happiness a priority.  
**It's necessary.**  
Mandy Hale

# 2025 A Year of Personal Wellness and Growth!

As we prepare to step into 2025, the focus shifts to one of the most important journeys: the pursuit of wellness tailored uniquely to you. The past few years we have learned the value of resilience, but this year brings an opportunity to deepen our understanding of what wellness truly means on an individual level.

Join Nanci on January 9th at 1:30 PM in West Hall for the presentation:

## ***WELLNESS! Make it Unique to YOU!***

Why does personalized wellness matter? Wellness is not one-size-fits-all. Your needs, goals, and lifestyle are as unique as your fingerprint. Come and learn how aligning all aspects of your well-being can lead to a more balanced, energized and fulfilled life!

Together we will explore the wonderful world of wellness!

2025 is your year to take control of your wellness journey. By honoring your progress and trusting the process, you can design a life that reflects the best version of yourself!