



JANUARY 2022

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.

Flo Motion 
10:00 - 10:45 a.m.

Tone Up
10:00 - 10:45 a.m.

Yoga
11:00 - 11:30 a.m.

Let's Stretch
3:00 - 3:30 p.m.


TUESDAY


Pool: 6 a.m. – 7p.m.

Core Focus
10:00 - 10:45 a.m.

FallProof
10:45 - 11:30 a.m.

Balance & Band
1:30 - 2:15 p.m.


Aqua Body Moves
1:30 - 2:15 p.m. 

Brain Fitness 
(West Hall)
3:00-3:50 p.m..
**2nd, 3rd & 4th
Tuesdays
ONLY**

WEDNESDAY

Pool: 6 a.m. – 7p.m.

Tone Up
9:00 - 9:45 a.m.

Flo Motion 
10:00 - 10:45 a.m.

Tone Up
10:00 - 10:45 a.m.

Yoga
11:00 - 11:30 a.m.

Let's Stretch
3:00 - 3:30 p.m.

THURSDAY


Pool: 6 a.m. – 7p.m.

Yoga (New Time)
9:00 - 9:30 a.m.

Core Focus
10:00 - 10:45 a.m.

FallProof
10:45 - 11:30 a.m.

Balance & Band
1:30 - 2:15 p.m.

Aqua Body Moves
1:30 - 2:15 p.m. 

FRIDAY

Pool: 6 a.m. – 7p.m.

Tone Up
9:00 - 9:45 a.m.

Tone Up
10:00 - 10:45 a.m.

**Functionally Buoyant
& Brain Fit**  
1:30-2:15 p.m.

Fitness Club Announcements

PLEASE NOTE:

NEW CLASSES STARTING JANUARY!

*Brain Fitness Classes in West Hall

*Functionally Buoyant & Brain Fit



New Class Aqua Class

DECISION FATIGUE

Decision fatigue occurs when people feel exhausted from making too many choices. Although having choices is good for our well-being, psychologists have found that having to make too many choices can have detrimental consequence. When we have to make too many choices in a short span of time, we may experience a type of mental fatigue known as *ego depletion*. By limiting how many inconsequential decisions we need to make and scheduling decision-making for times when we feel more alert, we may be able to make better decisions.

One way to avoid decision fatigue can be to streamline the choices we make and find HABITS and ROUTINES that work for us—instead of making new choices from scratch each day or at the beginning of each week.

Applying this idea to Fitness/Physical Wellness may help you make good choices for yourself in getting exercise regularly. Take a look at the monthly Fitness Calendar when you are feeling rested, alert, and ready to choose which group classes, machines in the gym, Bocce, Putting, outdoor walking, pool, etc. work the best into your typical schedule and address your goals in the area of physical wellness. Set the routine in stone with a written “plan” and keep other commitments and responsibilities as best you can from interfering with your plan.

If you’d like some help setting up a plan please contact the Fitness Club team! (#956-3470)

Making decisions TOGETHER with a Wellness Professional takes some the pressure OFF OF YOU!

NEW AQUA CLASS **Fridays 1:30-2:15 P.M.**

Get your functionally based exercises done in the warm water & improve your balance, overall strength and enhance your brain too!



BRAIN FITNESS **Tuesdays 3:00 P.M.**

Brain Fitness will be offered the 2nd, 3rd, & 4th Tuesday in WEST HALL.

Each class includes activities to stimulate the brain in a FUN & ENCOURAGING atmosphere.

Each class is approximately 50 minutes.

Join us!

For more information on these and other programs offered through the Wellness Connection at O'Connor Woods, call 956-3470. Residents are required to have a signed medical release from their physician. Everyone using the pool must sign a voluntary release and indemnity agreement before entering the water for the first time.