

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

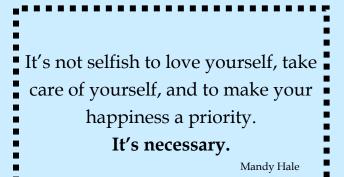
MONDAY	TUESDAY	WEDNESDAY	THURSDAY		FRIDAY
POOL: 6 a.m. – 7p.m. TONE UP 9:00 - 9:45 a.m. AQUA STRONG () 10:00 - 10:45 a.m. STRONGER 10:00 - 10:45 a.m. BREATH &	POOL: 6 a.m. – 7p.m. CHAIR DANCING (Seated/Standing to Music) 10:00-10:30 a.m. Water Walking 10:00 - 10:30 a.m. BASE CAMP 10:45 - 11:30 a.m.	HAIR DANCING Seated/Standing to Music)TONE UP 9:00 - 9:45 a.m.WSeated/Standing to Music)9:00 - 9:45 a.m.10D:00-10:30 a.m.AQUA STRONG I 10:00 - 10:45 a.m.HMater WalkingI 10:00 - 10:45 a.m.HD:00 - 10:30 a.m.STRONGER 10:00 - 10:45 a.m.HASE CAMP11			POOL: 6 a.m7 p.m. TONE UP 9:00 - 9:45 a.m. STRONGER 10:00-10:45 a.m.
MOVEMENT 11:00 - 11:30	BUILD WITH BANDS 1:30 - 2:15 p.m. BRAIN FITNESS 3:14 - 4:00 PM Tuesday 1/14 & 1/21	BREATH & MOVEMENT 11:00 - 11:30 INTERNATIONAL FOLK DANCE 3:00 - 4:00 - Lead by Resident George Fairbrook		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 - <u>Make it Unique to YOU!</u>

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!



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!