



July 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 - 11:45

TUESDAY

POOL: 6 a.m. – 7p.m.

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

Aqua Circuits 
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
3:15 - 4:00 PM
Tuesday 7/8 & 7/15

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 - 11:45

THURSDAY

POOL: 6 a.m. – 7p.m.

LINE DANCING
(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.

FRIDAY

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

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

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

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

YOGA
11:15 - 11:45

THERE WILL BE **NO EXERCISE**
CLASSES FRIDAY JULY 4

July 29: No Chair Dancing & Basecamp classes
July 31: No Line Dancing & Basecamp classes

WELLNESS - Make it Unique to YOU!



July is National UV Safety Awareness Month



The summer is here and it is great to be outside!

Being smart and protecting yourself from the sun matters at every stage of life.

As we get older, our skin becomes more sensitive to ultraviolet (UV) rays.

It is very important to take effective precautions while being outside in the sun!

Sun Safety Tips!

- ~ Wear Daily Sunscreen
- ~ Wear Sunglasses in the Sun
- ~ Wear a Hat to Cover Face/ Back of Neck
- ~ Wear Long Sleeves to Protect Arms
- ~ Drink Plenty of Water
- ~ Seek Shade



Social Wellness

Helps us live longer, feel better,
and grow stronger together!

Everyone wants to feel like they
belong and are needed.

***The quality of our
relationships is important!***

