



December 2024

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

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

POOL: 6 a.m. – 7p.m.

POOL: 6 a.m. – 7p.m.

POOL: 6 a.m. – 7p.m.


POOL: 6 a.m. – 7p.m.

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

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


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

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

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

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

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

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

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

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

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

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

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

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

BREATH &
MOVEMENT
11:00 - 11:30

BREATH &
MOVEMENT
11:00 - 11:30

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

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

**Brain Fitness
No Brain Fitness Classes
for the month of December**

Cancellations for December:
No Classes Wednesday 12/25 Christmas Day

FITNESS CLUB UPDATE:

We truly appreciate your patience and understanding as we transition through the process of hiring a new fitness instructor. We know how important your fitness and wellness journey is, and we are committed to ensuring you continue to have a positive and energizing experience.

Your support and flexibility during this time means so much to us, and we are excited to introduce someone who will bring fresh energy and expertise to our Fitness and Wellness Team!

**Be stronger than your
excuses, even when it's
cold outside!**

Why Should YOU Exercise During the Month of December?

Combat Seasonal Depression - Shorter days and limited sunlight can lead to seasonal affective disorder (SAD). Exercise boosts endorphins, improving mood and reducing symptoms of depression.

Stay Warm and Mobile - Regular movement helps older adults maintain circulation and flexibility, which can be especially important in colder weather to keep joints from stiffening and to reduce the risk of falls.

Boost Immunity - Exercise strengthens the immune system, helping older adults fight off colds and flu that are more prevalent in the winter.

Maintain Holiday Balance - With indulgent holiday foods and sweets, regular exercise helps maintain a healthy weight and manage blood sugar levels.

Strengthen Social Connections - Joining group exercise fitness activities can foster social engagement. Reducing feelings of isolation common during the holidays.

Uphold Routine and Motivation - The holidays can disrupt regular schedules, but staying consistent with exercise supports both physical and mental health.

Exercising in December can also serve as a way to celebrate the closing of the year and set a positive tone for the year ahead. By staying active, you can reflect on your achievements, embrace the joy of movement, and feel empowered to carry that energy into the new year with strength and vitality.

It's a **GIFT** you give to **YOURSELF**, a step toward living your healthiest, happiest life!!