



# February 2019

## WELLNESS CONNECTION

Membership is included for OCW residents

\$50 for community members

Office Hours: M-F 8 a.m. - 4 p.m.

Fitness Club/Pool Hours: 6 a.m. - 7 p.m.

# The Wellness Connection at O'Connor Woods

3400 Wagner Heights Road • Stockton, CA 95209

Phone: (209) 956-3470

### MONDAY

Tone Up  
9:00 a.m.

Build Me Up  
10:00 a.m.

Flow Motion  
10:00 a.m. 

Delay the Disease  
11:00 a.m.

Sunrise Chair Yoga  
11:15 a.m.

Aqua Blast  
5:00 p.m. 

### TUESDAY

Flow Motion  
9:00 a.m. 

Core Focus  
9:30 a.m.

Chair Dancing  
10:00 a.m.

Aqua Arthritis  
10:00 a.m. 

FallProof  
10:45 a.m. 

Aqua Body Moves  
1:00 p.m. 

Brain Fitness  
3:00 p.m.

Tai Chi  
6:30 p.m.

### WEDNESDAY

Tone Up  
9:00 a.m.

Build Me Up  
10:00 a.m.

H<sub>2</sub>O Circuits  
10:00 a.m. 

**Heart & Sole**  
10:30 a.m.

Sunrise Chair Yoga  
11:15 a.m.

Bocce  
3:00 p.m.  
*(Weather permitting)*

Aqua Blast  
5:00 p.m. 

### THURSDAY

Flow Motion  
9:00 a.m. 

Core Focus  
9:30 a.m.

Chair Dancing  
10:00 a.m.

Aqua Arthritis  
10:00 a.m. 

FallProof  
10:45 a.m. 

Aqua Body Moves  
1:00 p.m. 

### FRIDAY

Tone Up  
9:00 a.m.

Build Me Up  
10:00 a.m.

Flow Motion  
10:00 a.m. 

**Heart & Sole**  
10:30 a.m.

Delay the Disease  
11:00 a.m.

Sunrise Chair Yoga  
11:15 a.m.

### ANNOUNCEMENTS

President's Day  
Monday, February 18  
There will be **NO**  
**group exercise**  
**classes.** The Fitness  
Club will be open for  
your personal  
workouts.



**Delay the Disease**  
**begins Monday, 2/4**  
The classes will take  
place in West Hall  
on Mondays &  
Fridays at 11AM.  
The classes will be  
45 minutes. Please  
call the Fitness Club  
at 956-3470 for  
additional  
program information  
and registration.



### HEART AND SOLE WALK

Friday, 2/1

9:30 a.m. – 10:30 a.m.

Check-In: MCH Lobby

### WELLNESS COACHING AVAILABLE

Call for an appointment today: 209-956-3470



OCW Only



New Class



Aqua Class

### FEBRUARY UPDATES

Brain Fitness Class will be taught the 12th & 26th of  
February in West Hall at 3PM.

**SEE YOU THERE!**

# National Wear Red Day<sup>®</sup>

Friday, 02 01 19



National Wear Red Day is dedicated to raising awareness about heart disease. Heart disease is currently the number one killer of women in America, claiming the lives of approximately 500,000 American women annually.

The day is celebrated annually by wearing the color red to represent the fight against heart disease and stroke in an effort to generate awareness and initiate change.

## Factors that increase the risk of heart disease include:

- ⇒ Physical inactivity
- ⇒ Increased cholesterol levels
- ⇒ High blood pressure
- ⇒ Smoking
- ⇒ Diabetes
- ⇒ Obesity



**Join the Fitness Club Team dressed in RED as we all exercise together for stronger hearts and healthy bodies!**



**If you've been hibernating all winter**, the thought of getting back into a regular exercise routine can seem a bit daunting. There are some things to think about when you're easing back into an exercise routine. Whether you've been taking a break for the past couple of weeks, months, or even years, here are some things to keep in mind.

**Don't overdo it right away.** Doing too much too soon can overwhelm you mentally and cause you to feel defeated. You can start with just 10 minutes a day, the goal is just to get moving more. *Low-intensity exercises* are a good way to reintroduce the body to activity, frequency, and duration. After a week or two, you can add a little more as long as you continue to feel comfortable doing so.

**Begin with what works for you.** Do you only feel comfortable committing to one day a week initially? Great! Mark it on your calendar and stick with it. As you get comfortable, try to work your way back to where you were. The body responds to consistency over time, so your results will come much faster if you can keep a regular schedule. **ALWAYS** know the fitness team is here to help you get back to a regular routine of exercise! **Call us today!**

## COMING IN MARCH **MOVE IMPROVE**

*We are happy to introduce our new 'Move To Improve' Movement Class!*

Move to Improve is a 30-minute class dedicated to mindful movement. Our instructors will guide you through varied movements, giving gentle and focused attention to the joints while encouraging safe movement within a comfortable range. This class will use various equipment, music, and props to help simulate activities of daily living and challenge the body in a non-aggressive way. The goal of this class will be to improve overall strength and flexibility, maintain range of motion through joints, increase circulation, and relieve stress! Details of class days and times will be in the March fitness calendar. **Let us help you move to improve!**

*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.*