


December 2025

WELLNESS CENTER CALENDAR



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Holidays Wellness Tips: 1. Stay Balanced with Rest & Routine: The holidays can get busy, so be sure to pace yourself. Make time for rest between gatherings, keep regular sleep habits, and give your body the downtime it needs to stay energized and well. 2. Keep Moving with Seasonal Activities Gentle daily movement—like stretching, walking, or light exercise—helps maintain strength, mobility, and mood throughout the season. Remember to review your wellness center's calendar for classes that can help you stay active and engaged. Jot Down Your Reflections:	Personalized workout sessions. (one-on-one) with Shameka are offered at the Wellness Center. Book your private sessions today.	9:30 ♥ Upper Body Focus [WC] 1 11:15 ♥ Chair Yoga [WC] 12:30 Aqua Fitness w/Phyllis 1:30 Balance & Fall Prevention Training 3:00 Open Swim 4:30 Aqua Fitness W/ Sheila	9:30 ♥ Aqua Fitness w/Shameka 2 10:30 Open Swim 11:15 Total Body Workout [WC] 1:30 Fit & Fun Gym Session [WC]	9:30 ♥ Upper Body Focus [WC] 3 11:15 ♥ Chair Yoga [WC] 12:30 Aqua Fitness w/Phyllis 1:30 Balance & Fall Prevention Training [WC] 3:00 Open Swim 4:30 Aqua Fitness W/ Sheila	9:30 Open Swim 4 11:15 Total Body Workout [WC] 1:30 ♥ Lower Focus [WC]	9:30 ♥ Aqua Fitness w/Shameka 5 11:15 ♥ Chair Yoga [WC] 1:30 Core Focus 3:00 Open Swim 4:30 Aqua Fitness W/ Sheila	11:15 ♥ 6 Cardio Drumming [WC] 1:30 ♥ Lower Focus [WC]
	11:15 Balance & Fall Prevention Training [WC] 7 1:30 ♥ Cardio Drumming [WC]	9:30 ♥ Upper Body Focus [WC] 8 11:15 ♥ Chair Yoga [WC] 12:30 Aqua Fitness w/Phyllis 1:30 Balance & Fall Prevention Training 3:00 Open Swim 4:30 Aqua Fitness W/ Sheila	9:30 ♥ Aqua Fitness w/Shameka 9 10:30 Open Swim 11:15 Total Body Workout [WC] 1:30 Fit & Fun Gym Session [WC]	9:30 ♥ Upper Body Focus [WC] 10 11:15 ♥ Chair Yoga [WC] 12:30 Aqua Fitness w/Phyllis 1:30 Balance & Fall Prevention Training [WC] 3:00 Open Swim 4:30 Aqua Fitness W/ Sheila	9:30 Open Swim 11 11:15 Total Body Workout [WC] 1:30 ♥ Lower Focus [WC]	9:30 ♥ Aqua Fitness w/Shameka 12 11:15 ♥ Chair Yoga [WC] 1:30 Core Focus 3:00 Open Swim 4:30 Aqua Fitness W/ Sheila	11:15 ♥ 13 Cardio Drumming [WC] 1:30 ♥ Lower Focus [WC]
	11:15 Balance & Fall Prevention Training [WC] 14 1:30 ♥ Cardio Drumming [WC]	9:30 ♥ Upper Body Focus [WC] 15 11:15 ♥ Chair Yoga [WC] 12:30 Aqua Fitness w/Phyllis 1:30 Balance & Fall Prevention Training 3:00 Open Swim 4:30 Aqua Fitness W/ Sheila	9:30 ♥ Aqua Fitness w/Shameka 16 10:30 Open Swim 11:15 Total Body Workout [WC] 1:30 Fit & Fun Gym Session [WC]	9:30 ♥ Upper Body Focus [WC] 17 11:15 ♥ Chair Yoga [WC] 12:30 Aqua Fitness w/Phyllis 1:30 ♥ Wellness Chat [WC] 3:00 Open Swim 4:30 Aqua Fitness W/ Sheila	9:30 Open Swim 18 11:15 Total Body Workout [WC] 1:30 ♥ Lower Focus [WC]	9:30 ♥ Aqua Fitness w/Shameka 19 11:15 ♥ Chair Yoga [WC] 1:30 Core Focus 3:00 Open Swim [WC] 4:30 Aqua Fitness W/ Sheila	11:15 ♥ 20 Cardio Drumming [WC] 1:30 ♥ Lower Focus [WC]
	11:15 Balance & Fall Prevention Training [WC] 21 1:30 ♥ Cardio Drumming [WC]	9:30 ♥ Upper Body Focus [WC] 22 11:15 ♥ Chair Yoga [WC] 12:30 Aqua Fitness w/Phyllis 1:30 Balance & Fall Prevention Training 3:00 ♥ Open Swim 4:30 Aqua Fitness W/ Sheila	9:30 ♥ Aqua Fitness w/Shameka 23 10:30 Open Swim 11:15 Total Body Workout [WC] 1:30 Fit & Fun Gym Session [WC]	Christmas Eve 24 9:30 ♥ Upper Body Focus [WC] 11:15 ♥ Chair Yoga [WC] 12:30 Aqua Fitness w/Phyllis 1:30 Balance & Fall Prevention Training [WC] 3:00 Open Swim 4:30 Aqua Fitness W/ Sheila	Christmas Day 25 10:00 Movie - It's a Wonderful Life [AR] 11:15 Cardio Drumming [WC] 2:00 Bingo	9:30 ♥ Aqua Fitness w/Shameka 26 11:15 ♥ Chair Yoga [WC] 1:30 Core Focus 3:00 Open Swim 4:30 Aqua Fitness W/ Sheila	11:15 ♥ 27 Cardio Drumming [WC] 1:30 ♥ Lower Focus [WC]
	11:15 Balance & Fall Prevention Training [WC] 28 1:30 ♥ Cardio Drumming [WC]	9:30 ♥ Upper Body Focus [WC] 29 11:15 ♥ Chair Yoga [WC] 12:30 Aqua Fitness w/Phyllis 1:30 Balance & Fall Prevention Training 3:00 Open Swim 4:30 Aqua Fitness W/ Sheila	9:30 ♥ Aqua Fitness w/Shameka 30 10:30 Open Swim 11:15 Total Body Workout [WC] 1:30 Fit & Fun Gym Session [WC]	New Year's Eve 31 9:30 ♥ Upper Body Focus [WC] 11:15 ♥ Chair Yoga [WC] 12:30 Aqua Fitness w/Phyllis 1:30 Balance & Fall Prevention Training [WC] 3:00 Open Swim 4:30 Aqua Fitness W/ Sheila	<div>AZALEA ESTATES ASSISTED LIVING RETIREMENT COMMUNITY FAYETTEVILLE</div> <div>105 Autumn Glen Circle Fayetteville, GA 30215 770-461-0039</div>		



105 Autumn Glen Circle
 Fayetteville, GA 30215
 770-461-0039

Location Keys
 Activity Room AR
 Wellness Center WC