

Class Descriptions

Class name	What to expect
Seniorcise Gold I & II 40 min	Active cardio, strength, and balance exercises including mat exercises.
Strength n' Flex I & II 40 min	Active cardio, strength and balance exercises including some exercises performed in a chair.
Strong n' Stable 40 min	Gentle cardio, strength and balance exercises performed mostly in a chair.
Gentle Flow Yoga 60 min	A rhythmic flow from one posture to another meant to improve balance, coordination, bone density, muscle mass, and mental/emotional wellbeing. Portions of the class require you to use a mat on the floor.
Sit, Fit n' Fun 20 min	Seated strength, range of motion, coordination, and stretching exercises make this 20 minute class a good fit for those looking for a gentle exercise option.



FRANKE TOBEY JONES

M.J. WICKS WELLNESS CENTER

Enjoy your age

Well, Well, Well November '21

Welcome Katie!

Wellness Center

hours:

Mon - Fri:
6am-7pm

Wellness Program

Coordinator:

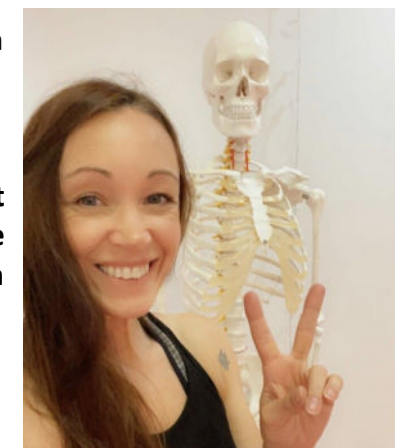
Colin Deck
253-756-6279

Wellness info:

Community member
monthly price:
-\$40/single
-\$60/couple

Wellness calendar
also available online:
www.franketobeyjones.com

Hi everyone, I'm Katie Lodge, originally from Nashville, Tennessee and relocated to Washington after I got out of the Marine Corps. I've been teaching Yoga and Meditation for 6 years. I'm passionate about making Yoga accessible to everyone because I know what a difference it can make in both physical and mental/emotional wellness. Please stop in and say hi, ask questions, and share ideas with me. I can't wait to get to know everyone!



Yoga is back



We are excited to reintroduce Yoga into our schedule. Katie will be teaching a Gentle Flow Yoga. The class will focus on a rhythmic flow from one posture to another. The goals of the class are to improve balance, coordination, bone density, muscle mass, and mental/emotional wellbeing. Portions of the class will require use a mat on the floor. The class will last approximately one hour. Please check the calendar for days and times. If you have any questions about the class, please ask Katie.

Schedule Changes and Updates for November

- No classes in the Wellness Center on Friday, November 5th due to the Holiday Market
- No regular classes in the Wellness Center on Thursday, November 25th or Friday, November 26th. Katie will be hosting a Chair Assisted Yoga class on Friday at 1:00 pm. For more info on this class, please see Katie.



November 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II	2 10:00 Strong n Stable 11:00 Yoga 2:30 Sit Fit n Fun - LP 3:00 Sit Fit n Fun - LP	3 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II 2:30 Sit Fit n Fun - TJ	4 10:00 Strong n Stable 11:00 Yoga 2:30 Sit Fit n Fun - LP 3:00 Sit Fit n Fun - LP	5 Holiday Market No Classes in Wellness Center 2:30 Sit Fit n Fun - TJ
8 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II	9 10:00 Strong n Stable 11:00 Yoga 2:30 Sit Fit n Fun - LP 3:00 Sit Fit n Fun - LP	10 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II 2:30 Sit Fit n Fun - TJ	11 10:00 Strong n Stable 11:00 Yoga 2:30 Sit Fit n Fun - LP 3:00 Sit Fit n Fun - LP	12 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II 2:30 Sit Fit n Fun - TJ
15 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II	16 10:00 Strong n Stable 11:00 Yoga 2:30 Sit Fit n Fun - LP 3:00 Sit Fit n Fun - LP	17 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II 2:30 Sit Fit n Fun - TJ	18 10:00 Strong n Stable 11:00 Yoga 2:30 Sit Fit n Fun - LP 3:00 Sit Fit n Fun - LP	19 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II 2:30 Sit Fit n Fun - TJ
22 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II	23 10:00 Strong n Stable 11:00 Yoga 2:30 Sit Fit n Fun - LP 3:00 Sit Fit n Fun - LP	24 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II 2:30 Sit Fit n Fun - TJ	25  No Classes	26 1:00 Chair Assisted Yoga 2:30 Sit Fit n Fun - TJ
29 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II	30 10:00 Strong n Stable 11:00 Yoga 2:30 Sit Fit n Fun - LP 3:00 Sit Fit n Fun - LP			Legend LP - Lillian Pratt Parlor TJ - Tobey Jones Solarium

If you are interested in classes, please set up a time with Wellness Staff for an assessment at 253-756-6279.



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