

# Class Descriptions

Class name	What to expect
Seniorcise Gold I & II 45 min	Active cardio, strength, and balance exercises including mat exercises.
Strength n' Flex I & II 45 min	Active cardio, strength and balance exercises including some exercises performed in a chair.
Strong n' Stable 45 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 30 min	Seated strength, range of motion, coordination, and stretching exercises make this 30 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 January 2022*

## Schedule Changes and Updates for January

- No Yoga on Thursday, January 20th

## Closures Due to Weather

In the event of snow, the Wellness Center will follow Tacoma School District's closure announcements. If school is cancelled or delayed, there will be no Wellness classes that day. The district's website can be checked for updated closure announcements: [www.tacomaschools.org](http://www.tacomaschools.org). You may also call **253-571-1000** beginning at 6 am for school closure information.

## Importance of Strength Training

Aging is associated with reductions in muscle mass, leading to a decrease in muscle strength and functional capacity which can contribute to reduced balance ability, mobility problems and lack of independence. Fortunately, regular strength training can help.

Studies have shown that for older adults who participate in resistance training programs, muscular strength can increase by 20 % to 30% or more. In addition, more studies have suggested that resistance training can improve cognition, mood, self-confidence and self-esteem.

### Wellness Center

#### hours:

Mon - Fri:  
6am-7pm

### Wellness Program

#### Coordinator:

Colin Deck  
253-756-6279

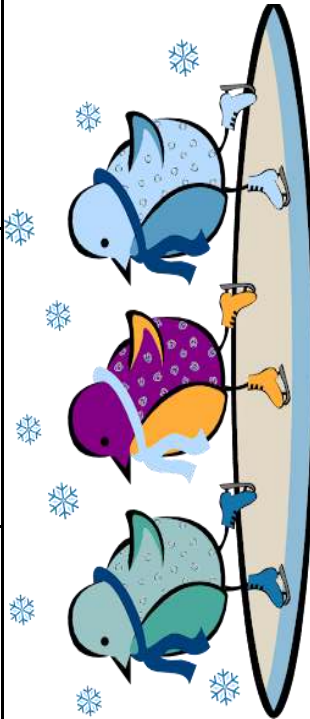
### Wellness info:

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

Wellness calendar  
also available online:  
[www.franketobeyjones.com](http://www.franketobeyjones.com)



# January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II	<b>4</b> 10:00 Strong n Stable 11:00 Yoga  2:30 Sit Fit n Fun - LP	<b>5</b> 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	<b>6</b> 10:00 Strong n Stable 11:00 Yoga  2:30 Sit Fit n Fun - LP	<b>7</b> 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
<b>10</b> 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II	<b>11</b> 10:00 Strong n Stable 11:00 Yoga  2:30 Sit Fit n Fun - LP	<b>12</b> 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	<b>13</b> 10:00 Strong n Stable 11:00 Yoga  2:30 Sit Fit n Fun - LP	<b>14</b> 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
<b>17</b> 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II	<b>18</b> 10:00 Strong n Stable 11:00 Yoga  2:30 Sit Fit n Fun - LP	<b>19</b> 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	<b>20</b> 10:00 Strong n Stable <b>No Yoga</b>  2:30 Sit Fit n Fun - LP	<b>21</b> 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
<b>24</b> 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II	<b>25</b> 10:00 Strong n Stable 11:00 Yoga  2:30 Sit Fit n Fun - LP	<b>26</b> 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	<b>27</b> 10:00 Strong n Stable 11:00 Yoga  2:30 Sit Fit n Fun - LP	<b>28</b> 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
<b>31</b> 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II				<b>31</b> <b>Legend</b>  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.



**FRANKE TOBEY JONES**  
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