

# 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.
Monday Meditation 30 min	Meditation can relieve stress, anxiety and help to manage pain. It can improve focus, memory, sleep, mood and even digestion! The guided sessions are done by sitting comfortably in a chair with no movement required.
Chair Yoga 45 min	Move through gently yoga poses aimed at increasing muscle mass, bone density and flexibility. All movements are done seated in a chair with all poses customizable to meet individual needs and goals.



FRANKE TOBEY JONES

M.J. WICKS WELLNESS CENTER

*Enjoy your age*

## Well, Well, Well February 2022

### New Class Offerings this Month

Katie is offering two new classes this month, Monday Meditation and Chair Yoga.

- Monday Meditation - Mondays at 12:00 pm** - Meditation can relieve stress, anxiety, and help to manage pain. It can improve focus, memory, sleep, mood and even digestion! Guided meditation sessions are done by sitting comfortably in a chair, with no movement required, and are approximately 25-30 minutes long.
- Chair Yoga - Tuesdays at 1:00 pm** - Move through 45 minutes of gentle yoga poses which help to increase muscle mass, bone density and flexibility. All movements are done seated in a chair and all poses are customizable to meet individual needs and goals. Numerous studies have shown that yoga benefits the body and the brain!

No need to sign up for these offerings. If you have any questions, please speak with Katie.

### Schedule Changes and Updates for February

- No classes on Monday, February 21st due to President's Day.**

#### 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)



# February 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Legend</b></p> <p>LP - Lillian Pratt Parlor TJ - Tobey Jones Solarium</p>	<p><b>1</b></p> <p>10:00 Strong n Stable 11:00 Yoga 1:00 Chair Yoga</p> <p>2:30 Sit Fit n Fun - LP</p>	<p><b>2</b></p> <p>8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II</p> <p>2:30 Sit Fit n Fun - TJ</p>	<p><b>3</b></p> <p>10:00 Strong n Stable 11:00 Yoga</p> <p>2:30 Sit Fit n Fun - LP</p>	<p><b>4</b></p> <p>8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II</p> <p>2:30 Sit Fit n Fun - TJ</p>
<p><b>7</b></p> <p>8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II 12:00 Monday Meditation</p>	<p><b>8</b></p> <p>10:00 Strong n Stable 11:00 Yoga 1:00 Chair Yoga</p> <p>2:30 Sit Fit n Fun - LP</p>	<p><b>9</b></p> <p>8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II</p> <p>2:30 Sit Fit n Fun - TJ</p>	<p><b>10</b></p> <p>10:00 Strong n Stable 11:00 Yoga</p> <p>2:30 Sit Fit n Fun - LP</p>	<p><b>11</b></p> <p>8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II</p> <p>2:30 Sit Fit n Fun - TJ</p>
<p><b>14</b></p> <p>8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II 12:00 Monday Meditation</p> <p><i>HAPPY Valentine's Day</i></p>	<p><b>15</b></p> <p>10:00 Strong n Stable 11:00 Yoga 1:00 Chair Yoga</p> <p>2:30 Sit Fit n Fun - LP</p>	<p><b>16</b></p> <p>8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II</p> <p>2:30 Sit Fit n Fun - TJ</p>	<p><b>17</b></p> <p>10:00 Strong n Stable 11:00 Yoga</p> <p>2:30 Sit Fit n Fun - LP</p>	<p><b>18</b></p> <p>8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II</p> <p>2:30 Sit Fit n Fun - TJ</p>
<p><b>21</b></p> <p> <b>No Classes</b></p>	<p><b>22</b></p> <p>10:00 Strong n Stable 11:00 Yoga 1:00 Chair Yoga</p> <p>2:30 Sit Fit n Fun - LP</p>	<p><b>23</b></p> <p>8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II</p> <p>2:30 Sit Fit n Fun - TJ</p>	<p><b>24</b></p> <p>10:00 Strong n Stable 11:00 Yoga</p> <p>2:30 Sit Fit n Fun - LP</p>	<p><b>25</b></p> <p>8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II</p> <p>2:30 Sit Fit n Fun - TJ</p>
<p><b>28</b></p> <p>8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II 12:00 Monday Meditation</p>				



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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