

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 gentle 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 March 2022

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

Welcome Back Sarah

We are so excited to have Sarah back from maternity leave. Please stop by her office to say hello and welcome her back.

Schedule Changes and Updates for March

- No Chair Yoga on Tuesday, March 29th



Importance of Stretching

Flexibility is the degree to which a joint moves throughout a normal, pain-free range of motion. It is a vital part of remaining active and healthy, but unfortunately, it is often overlooked and can decrease with age and physical inactivity. Studies have shown range of motion becomes compromised as we age due to connective tissues becoming stiffer which causes joints to bend less easily. In addition, the deterioration of cartilage, ligaments, tendons and muscles may play a role in decreased flexibility.

Luckily, much of this can be avoided with a regular stretching routine. American College of Sports Medicine recommends that older adults perform stretching at least two times a week to improve flexibility. If you would like more information on how to incorporate more stretching into your routine, please talk to one of our instructors.



March 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Legend</p> <p>LP - Lillian Pratt Parlor TJ - Tobey Jones Solarium</p>	<p>1 10:00 Strong n Stable 11:00 Yoga 1:00 Chair Yoga 2:30 Sit Fit n Fun - LP</p>	<p>2 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</p>	<p>3 10:00 Strong n Stable 11:00 Yoga 2:30 Sit Fit n Fun - LP</p>	<p>4 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</p>
<p>7 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>8 10:00 Strong n Stable 11:00 Yoga 1:00 Chair Yoga 2:30 Sit Fit n Fun - LP</p>	<p>9 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</p>	<p>10 10:00 Strong n Stable 11:00 Yoga 2:30 Sit Fit n Fun - LP</p>	<p>11 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</p>
<p>14 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>15 10:00 Strong n Stable 11:00 Yoga 1:00 Chair Yoga 2:30 Sit Fit n Fun - LP</p>	<p>16 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</p>	<p>17 10:00 Strong n Stable 11:00 Yoga 2:30 Sit Fit n Fun - LP </p>	<p>18 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</p>
<p>21 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>22 10:00 Strong n Stable 11:00 Yoga 1:00 Chair Yoga 2:30 Sit Fit n Fun - LP</p>	<p>23 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</p>	<p>24 10:00 Strong n Stable 11:00 Yoga 2:30 Sit Fit n Fun - LP</p>	<p>25 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</p>
<p>28 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>29 10:00 Strong n Stable 11:00 Yoga No Chair Yoga 2:30 Sit Fit n Fun - LP</p>	<p>30 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</p>	<p>31 10:00 Strong n Stable 11:00 Yoga 2:30 Sit Fit n Fun - LP</p>	

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



FRANKE TOBEY JONES
Enjoy your age