

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 April 2022

Re-Assessments Last Week of April

Wellness Center

hours:

Mon - Fri:
6am-7pm

Wellness Program

Supervisor:

Colin Deck
253-756-6279

Holistic Wellness

Coordinator:

Sarah Doerner
253-756-3241

Wellness info:

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

Wellness calendar
also available online:
www.franketobeyjones.com



From **April 27th - April 29th** the Wellness Staff will be conducting assessments. These will be exactly the same as the assessments conducted for class placement. This is a chance for those taking our classes to be re-assessed to track fitness progress and for staff to gauge the effectiveness of the class programming. The re-assessments will be for those who participate in one of our Seniorcise Gold, Strength n' Flex or Strong n' Stable classes with an original assessment date prior to Jan. 1, 2022. A sign up sheet with times will be posted later in the month. Classes will not be in session during these dates. Assessments are not required but highly encouraged. If you have any questions, please contact a Wellness Staff Member.

Holistic Wellness

"The individual is an indivisible unit and needs to be treated as such."


According to the American Holistic Health Association, holistic health is an approach to life that emphasizes the connection of the body, mind and spirit, with the intention of having all parts functioning at its optimal level. This holistic approach is key to longevity as well as maintaining independence and overall wellness as we age.

A key component to a holistic approach is taking responsibility for your well-being by making everyday choices to take charge of your wellness. A positive mindset and a healthy emotional state are great ways to jump start this journey.

The state of our well being affects our community and each aspect of our lives can influence our state of well being.

For more information on ways to kick start your Holistic Wellness journey, refer to the bulletin board in the Wellness Center.

April 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Legend</p> <p>LP - Lillian Pratt Parlor TJ - Tobey Jones Solarium</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 12:00 Monday Meditation</p>	<p>5 10:00 Strong n Stable 11:00 Yoga 1:00 Chair Yoga 2:30 Sit Fit n Fun - LP</p>	<p>6 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 10:00 Strong n Stable 11:00 Yoga 2:30 Sit Fit n Fun - LP</p>	<p>1 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>11 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>12 10:00 Strong n Stable 11:00 Yoga 1:00 Chair Yoga 2:30 Sit Fit n Fun - LP</p>	<p>13 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 10:00 Strong n Stable 11:00 Yoga 2:30 Sit Fit n Fun - LP</p>	<p>15 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>18 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>19 10:00 Strong n Stable 11:00 Yoga 1:00 Chair Yoga 2:30 Sit Fit n Fun - LP</p>	<p>20 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 10:00 Strong n Stable 11:00 Yoga 2:30 Sit Fit n Fun - LP</p>	<p>22 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>25 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>26 10:00 Strong n Stable 11:00 Yoga 1:00 Chair Yoga 2:30 Sit Fit n Fun - LP</p>	<p>27 2:30 Sit Fit n Fun - TJ</p>	<p>28 2:30 Sit Fit n Fun - LP</p>	<p>29 2:30 Sit Fit n Fun - TJ</p>
		Assessments	Assessments	Assessments

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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