

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.
Restorative Yoga 45 min	A gentle, slow-paced practice meant to release tension from the body and mind through deep relaxation, rest, and meditation in passive poses held for extended periods of time. There are no standing poses, so the entire class is practiced on the floor with the aid of supportive props like bolsters and blankets.
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.
Tai Chi (DVD) 45 min	Tai Chi is a Chinese martial art that incorporates low impact, slow motion movements aimed at improving balancing. The class is all on DVD (no live instructor).
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 May 2022

New Class Offering: Restorative Yoga

Katie is offering a Restorative Yoga class beginning in the month of May. This is a gentle, slow-paced practice meant to release tension from the body and mind through deep relaxation, rest, and meditation in passive poses held for extended periods of time. There are no standing poses in the Restorative tradition of Yoga, so the entire class is practiced on the floor with the aid of supportive props like bolsters and blankets. The class will be held on Tuesdays at 9:00 am and is 45 minutes in length. If you have any questions about the class, please contact Katie at 253-756-3241 or via email at klodge@franketobeyjones.com.

Sound Healing

(Information in this article has been taken directly from wellset.co and seniorhappiness.com websites)

Sound healing is an ancient meditative practice that uses different musical implements to create healing vibrations around the body in a meditative state.

Brain waves and sound waves are both measured the same way, in hertz. Just like a speaker or amplifier, the brain runs on electricity. Neurons fire at varying rates and patterns in response to our physical or mental state. These rates and patterns are termed brain wave frequencies and are associated with different cognitive and emotional states. Of the four main brain wave frequencies, two are associated with a relaxed and/or a meditative state: Alpha and Theta.

Because sound therapy directly stimulates brain waves, it can improve mental performance and memory by stimulating the brain.

Sound therapy may hold additional benefits including slowing the progression of dementia and Alzheimer's, reducing high blood pressure, lowering pain levels, cutting down stress and anxiety levels, and improving sleep quality.

If you are interested in experiencing sound healing, Sarah will be hosting an event on Monday, May 16th. Please contact her at 253-756-3241 or sdoerner@franketobeyjones.com for more information or to sign up.

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



May 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 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>3 9:00 Restorative Yoga 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>5 9:00 Tai Chi DVD 10:00 Strong n Stable 11:00 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>9 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>10 9:00 Restorative Yoga 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>12 9:00 Tai Chi DVD 10:00 Strong n Stable 11:00 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>16 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>17 9:00 Restorative Yoga 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>19 9:00 Tai Chi DVD 10:00 Strong n Stable 11:00 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>23 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>24 9:00 Restorative Yoga 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>26 9:00 Tai Chi DVD 10:00 Strong n Stable 11:00 Yoga 2:30 Sit Fit n Fun - LP</p>	<p>27 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>30  No Classes</p>	<p>31 9:00 Restorative Yoga 10:00 Strong n Stable 11:00 Yoga 2:30 Sit Fit n Fun - LP</p>	<p>Legend LP - Lillian Pratt Parlor TJ - Tobey Jones Solarium</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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