

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.
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 August 2022

Schedule Changes and Updates for August

- No Yoga on Thursday, August 11th.
- No classes Thursday, August 18th or Friday August 19th due to the Wellness Walk.

Wellness Walk

After taking two years off, the Wellness Walk is back. The date is set for Friday, August 19th. The festivities will begin at the duplex gazebo at 10:00 am where we will gather for a brief introduction. From there you will have the option of choosing between three different walking routes. In addition, the Wellness Fair will be set up around the fountain with local businesses offering freebies and raffling off prizes. We will also have a massage table set up for those who want a short relaxing experience (there will be a small fee for this service). Wellness Walk shirts will be available the day of the event in

limited quantity and sizes. A table will be set up near the gazebo, so if you want a shirt, please make sure to stop by. Refreshments will also be provided. In addition to all of that, we will be raffling off some fun prizes during the event. If you have any questions, please contact the Wellness Center. We hope to see you there.

Wellness Center hours:

Mon - Fri:
6am-7pm

Wellness Program Supervisor:

Colin Deck
253-756-6279

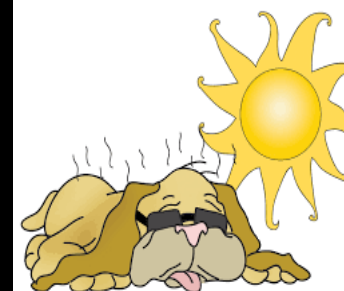
Holistic Wellness Coordinator:

Sarah Doerner
253-756-3241



Wellness info:

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

Wellness calendar
also available online:
www.franketobeyjones.com



August 2022

Monday	Tuesday	Wednesday	Thursday	Friday
1 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	2 9:00 Restorative Yoga 10:00 Strong n Stable 11:00 Yoga 2:30 Sit Fit n Fun - LP	3 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	4 10:00 Strong n Stable 11:00 Yoga 2:30 Sit Fit n Fun - LP	5 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
8 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	9 9:00 Restorative Yoga 10:00 Strong n Stable 11:00 Yoga 2:30 Sit Fit n Fun - LP	10 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	11 10:00 Strong n Stable No Yoga 2:30 Sit Fit n Fun - LP	12 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
15 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	16 9:00 Restorative Yoga 10:00 Strong n Stable 11:00 Yoga 2:30 Sit Fit n Fun - LP	17 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	18 No classes	19 Wellness Walk No Classes 
22 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	23 9:00 Restorative Yoga 10:00 Strong n Stable 11:00 Yoga 2:30 Sit Fit n Fun - LP	24 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	25 10:00 Strong n Stable 11:00 Yoga 2:30 Sit Fit n Fun - LP	26 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
29 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	30 9:00 Restorative Yoga 10:00 Strong n Stable 11:00 Yoga 2:30 Sit Fit n Fun - LP	31 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		Legend 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.



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