

# 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 September 2022

### Schedule Changes and Updates for September

- No Yoga on **Thursday, September 1st** or **Tuesday, September 6th**
- No classes on **Monday, September 5th** (Labor Day)
- No classes in the Wellness Center on **Wednesday, September 14th** or **September 21st** due to previously scheduled events

### Restorative Yoga Time Change

Effective **Tuesday, September 13th** Restorative Yoga will move from 9:00 am to 12:00 pm.

### New Holistic Offering: Cultural Cuisine

“Food contributes to an individual’s physical & mental well-being and expresses one’s cultural identity through preparation, sharing, and consumption.” - Quote from Food Security Journal, Issue 13 (2021)

This month we will be launching a new holistic offering where we will explore the intersection of food and culture as we come together for this delectable experience.

The vision for this class is to empower you to explore new recipes from diverse cultures. Whether you are cooking for yourself or have friends and family over, our goal is to expand your use of ingredients and techniques to increase confidence in cooking new and diverse recipes.

#### 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](http://www.franketobeyjones.com)



# September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Legend</u></p> <p>LP - Lillian Pratt Parlor TJ - Tobey Jones Solarium</p>		<p>1</p> <p>10:00 Strong n Stable <b>NO Yoga</b></p> <p>2:30 Sit Fit n Fun - LP</p>	<p>2</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>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>5</p>  <p><b>No Classes</b></p>	<p>6</p> <p>9:00 Restorative Yoga 10:00 Strong n Stable <b>NO Yoga</b></p> <p>2:30 Sit Fit n Fun - LP</p>	<p>7</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>8</p> <p>10:00 Strong n Stable 11:00 Yoga</p> <p>2:30 Sit Fit n Fun - LP</p>	<p>9</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>12</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>13</p> <p>10:00 Strong n Stable 11:00 Yoga 12:00 Restorative Yoga</p> <p>2:30 Sit Fit n Fun - LP</p>	<p>14</p> <p><b>No Classes in the Wellness Center</b></p> <p>2:30 Sit Fit n Fun - TJ</p>	<p>15</p> <p>10:00 Strong n Stable 11:00 Yoga</p> <p>2:30 Sit Fit n Fun - LP</p>	<p>16</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>19</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>20</p> <p>10:00 Strong n Stable 11:00 Yoga 12:00 Restorative Yoga</p> <p>2:30 Sit Fit n Fun - LP</p>	<p>21</p> <p><b>No Classes in the Wellness Center</b></p> <p>2:30 Sit Fit n Fun - TJ</p>	<p>22</p> <p>10:00 Strong n Stable 11:00 Yoga</p> <p>2:30 Sit Fit n Fun - LP</p>	<p>23</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>26</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>27</p> <p>10:00 Strong n Stable 11:00 Yoga 12:00 Restorative Yoga</p> <p>2:30 Sit Fit n Fun - LP</p>	<p>28</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>29</p> <p>10:00 Strong n Stable 11:00 Yoga</p> <p>2:30 Sit Fit n Fun - LP</p>	<p>30</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>

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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