

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.
Line Dancing 60 min	A low-to-moderate impact dance class aimed at improving cardiovascular health, muscular strength, flexibility, coordination and balance. You will learn to master different steps and levels of choreographed dances along the way and have a lot of fun doing so.
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

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Well, Well, Well January 2023

Assessment Week in January

From January 16-20 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. It is also a great opportunity for those that have been thinking about taking a fitness class to get assessed to figure out which class is best. 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.

Line Dance

After taking a few weeks off for the holidays, Line Dance class is back beginning on Monday, January 9th. The class will be taught as a six week course where participants learn new dance steps along the way. If you are interested in Line Dance, this is the best time to start so you aren't trying to play catch up. No need to sign up, just show up ready to dance.

Schedule Changes and Updates for January

- No classes on Monday, January 2nd
- No classes in the Wellness Center January 16th-20th due to assessments (Exception Line Dance)

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



January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p>  <p>No Classes</p>	<p>3</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>4</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>10:00 Strong n Stable 11:00 Yoga</p> <p>2:30 Sit Fit n Fun - LP</p>	<p>6</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>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 12:00 Monday Meditation 1:00 Line Dancing</p>	<p>10</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>11</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>10:00 Strong n Stable 11:00 Yoga</p> <p>2:30 Sit Fit n Fun - LP</p>	<p>13</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>16</p> <p>Assessments</p> <p>1:00 Line Dancing</p>	<p>17</p> <p>Assessments</p>	<p>18</p> <p>Assessments</p> <p>2:30 Sit Fit n Fun - TJ</p>	<p>19</p> <p>Assessments</p> <p>2:30 Sit Fit n Fun - LP</p>	<p>20</p> <p>Assessments</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 12:00 Monday Meditation 1:00 Line Dancing</p>	<p>24</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>25</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>10:00 Strong n Stable 11:00 Yoga</p> <p>2:30 Sit Fit n Fun - LP</p>	<p>27</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>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 12:00 Monday Meditation 1:00 Line Dancing</p>	<p>31</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><u>Legend</u></p> <p>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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