

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

Enjoy your age

Well, Well, Well March 2023

Schedule Changes and Updates for March

- No classes on Wednesday, March 22nd

Are You Breathing?

On Monday, March 6th at 2:30 pm in the Wellness Center, Dr. Adrienne Ione will host a breathwork workshop. This is a great opportunity to explore breathing techniques, strengthen awareness of lung and diaphragm engagement, and create space for the parasympathetic nervous system to thrive. In this course, participants will learn the following:

1. Identifying the 4 main components of the breath
2. The difference between control and expansion
3. The fundamentals of at least two other types of breathing in addition to natural breathing

Dr. Adrienne Ione serves the global community as a dedicated and curious gerontologist. As a dementia practitioner, personal trainer, yoga therapist, guided meditation teacher, public speaker, research health psychologist, and freelance writer, she is passionate about trauma, grief, dementia, and yoga.

If you are interested, please contact Sarah at 253-756-3241 or at sdoerner@franketobeyjones.com.

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



March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Legend</u></p> <p>LP - Lillian Pratt Parlor TJ - Tobey Jones Solarium</p>		<p>1 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strong n Flex I 11:00 Strength n Flex II 2:30 Sit Fit n Fun - TJ</p>	<p>2 10:00 Strong n Stable 11:00 Yoga 2:30 Sit Fit n Fun - LP</p>	<p>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</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 12:00 Monday Meditation 1:00 Line Dancing</p>	<p>7 10:00 Strong n Stable 11:00 Yoga 12:00 Restorative Yoga 2:30 Sit Fit n Fun - LP</p>	<p>8 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 10:00 Strong n Stable 11:00 Yoga 2:30 Sit Fit n Fun - LP</p>	<p>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</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 12:00 Monday Meditation 1:00 Line Dancing</p>	<p>14 10:00 Strong n Stable 11:00 Yoga 12:00 Restorative 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>16 10:00 Strong n Stable 11:00 Yoga 2:30 Sit Fit n Fun - LP</p>	<p>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</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 12:00 Monday Meditation 1:00 Line Dancing</p>	<p>21 10:00 Strong n Stable 11:00 Yoga 12:00 Restorative Yoga 2:30 Sit Fit n Fun - LP</p>	<p>No Classes</p>	<p>23 10:00 Strong n Stable 11:00 Yoga 2:30 Sit Fit n Fun - LP</p>	<p>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</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 12:00 Monday Meditation 1:00 Line Dancing</p>	<p>28 10:00 Strong n Stable 11:00 Yoga 12:00 Restorative Yoga 2:30 Sit Fit n Fun - LP</p>	<p>29 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 10:00 Strong n Stable 11:00 Yoga</p>	<p>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</p>

If you are interested in classes, please set up a time with Wellness Staff for an assessment at 253-756-6279.



FRANKE TOBEY JONES
Enjoy your age