

# 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 April 2023*

**Schedule Changes and Updates for April**

- No classes on Wednesday, April 26th

**Wellness Center Celebrates 19 Years!**

The M.J. Wicks Wellness Center celebrates its 19th anniversary this April! Thanks to all the residents and community members who have made the Wellness program a part of their active lifestyle for the past 19 years.

**Microgreens Growing Workshop!**

Microgreens, also known as “vegetable confetti”, are packed with astonishing amounts of nutrients. In this workshop we will introduce microgreens and provide a simple step by step guide on how to grow microgreens in your homes. Whether you are adding them to your salads, sandwiches, or smoothies these microgreens are a decorative, fun, and creative way to get more nutrients into your diet.

This event will take place on Tuesday, April 11<sup>th</sup> at 2pm in the Wellness Center. For questions or to sign up please contact Sarah Doerner at 253-756-3241.

**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)



# April 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strong n Flex I 11:00 Strength n Flex II 12:00 Monday Meditation 1:00 Line Dancing	<b>4</b> 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strong n Stable 11:00 Yoga 12:00 Restorative Yoga 2:30 Sit Fit n Fun - LP	<b>5</b> 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	<b>6</b> 10:00 Strong n Stable 11:00 Yoga 2:30 Sit Fit n Fun - LP	<b>7</b> 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
<b>10</b> 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strong n Flex I 11:00 Strength n Flex II 12:00 Monday Meditation 1:00 Line Dancing	<b>11</b> 10:00 Strong n Stable 11:00 Yoga 12:00 Restorative Yoga 2:30 Sit Fit n Fun - LP	<b>12</b> 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	<b>13</b> 10:00 Strong n Stable 11:00 Yoga 2:30 Sit Fit n Fun - LP	<b>14</b> 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
<b>17</b> 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strong n Flex I 11:00 Strength n Flex II 12:00 Monday Meditation 1:00 Line Dancing	<b>18</b> 10:00 Strong n Stable 11:00 Yoga 12:00 Restorative Yoga 2:30 Sit Fit n Fun - LP	<b>19</b> 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	<b>20</b> 10:00 Strong n Stable 11:00 Yoga 2:30 Sit Fit n Fun - LP	<b>21</b> 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
<b>24</b> 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strong n Flex I 11:00 Strength n Flex II 12:00 Monday Meditation 1:00 Line Dancing	<b>25</b> 10:00 Strong n Stable 11:00 Yoga 12:00 Restorative Yoga 2:30 Sit Fit n Fun - LP	<b>26</b> <p style="text-align: center;"><b>No Classes</b></p>	<b>27</b> 10:00 Strong n Stable 11:00 Yoga 2:30 Sit Fit n Fun - LP	<b>28</b> 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

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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