

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.
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.
Gentle Flow & Chair Yoga 60 min	Slow steady paced postures and conscious movement with breath. Chair modifications for access at all levels.
Rest & Restore Yoga	Stretch and focus on release of tension in mind and body. Bring your nervous system into a state of healing. Access these poses from your mat on the floor.
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 September 2023

Schedule Changes and Updates for September

- No classes on Monday, September 4th due to the Labor Day Holiday.
- No classes in the Wellness Center on Wednesday, September 20th, Thursday, September 21st and Thursday, September 28th due to Marketing events.

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

Yoga is Back!

We are pleased to announce that Yoga classes are back. Please see below for a description of the classes and days and times each is offered. As always, if you have any questions or want to know the best fit for you, please contact a Wellness Staff member.

Tuesdays at 11:00 am - Gentle Flow Yoga & Chair Yoga



Slow steady paced postures and conscious movement with breath. Chair modifications for access at all levels.

Thursdays at 11:00 am - Rest & Restore Yoga

Stretch and focus on release of tension in mind and body. Bring your nervous system into a state of healing. Access these poses from your mat on the floor.



September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Legend</u> LP - Lillian Pratt Parlor TJ - Tobey Jones Solarium				1 9:00 Seniorcise Gold I & II 10:00 Strength n Flex I & II 2:30 Sit Fit n Fun - TJ
4  No Classes	5 10:00 Strong n Stable 11:00 Gentle Flow Yoga (chair modifications) 2:30 Sit Fit n Fun - LP	6 9:00 Seniorcise Gold I & II 10:00 Strength n Flex I & II 2:30 Sit Fit n Fun - TJ	7 10:00 Strong n Stable 11:00 Rest & Restore Yoga 2:30 Sit Fit n Fun - LP	8 9:00 Seniorcise Gold I & II 10:00 Strength n Flex I & II 2:30 Sit Fit n Fun - TJ
11 9:00 Seniorcise Gold I & II 10:00 Strength n Flex I & II 11:00 Monday Meditation 1:00 Line Dancing	12 10:00 Strong n Stable 11:00 Gentle Flow Yoga (chair modifications) 2:30 Sit Fit n Fun - LP	13 9:00 Seniorcise Gold I & II 10:00 Strength n Flex I & II 2:30 Sit Fit n Fun - TJ	14 10:00 Strong n Stable 11:00 Rest & Restore Yoga 2:30 Sit Fit n Fun - LP	15 9:00 Seniorcise Gold I & II 10:00 Strength n Flex I & II 2:30 Sit Fit n Fun - TJ
18 9:00 Seniorcise Gold I & II 10:00 Strength n Flex I & II 11:00 Monday Meditation 1:00 Line Dancing	19 10:00 Strong n Stable 11:00 Gentle Flow Yoga (chair modifications) 2:30 Sit Fit n Fun - LP	20 No classes 2:30 Sit Fit n Fun - TJ	21 No classes 2:30 Sit Fit n Fun - LP	22 9:00 Seniorcise Gold I & II 10:00 Strength n Flex I & II 2:30 Sit Fit n Fun - TJ
25 9:00 Seniorcise Gold I & II 10:00 Strength n Flex I & II 11:00 Monday Meditation 1:00 Line Dancing	26 10:00 Strong n Stable 11:00 Gentle Flow Yoga (chair modifications) 2:30 Sit Fit n Fun - LP	27 9:00 Seniorcise Gold I & II 10:00 Strength n Flex I & II 2:30 Sit Fit n Fun - TJ	28 No classes 2:30 Sit Fit n Fun - LP	29 9:00 Seniorcise Gold I & II 10:00 Strength n Flex I & 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.