

# Class Descriptions

| Class name                            | What to expect   |
|---------------------------------------|--|
| Seniorcise Gold I & II<br>45 min      | Active cardio, strength, and balance exercises including mat exercises.  |
| Strength n' Flex I & II<br>45 min     | Active cardio, strength and balance exercises including some exercises performed in a chair.   |
| Strong n' Stable<br>45 min            | Gentle cardio, strength and balance exercises performed mostly in a chair.   |
| Gentle Flow & Chair<br>Yoga<br>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<br>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<br>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 October 2023*

## 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)

## Schedule Changes and Updates for October

- No Yoga classes on October 3rd, 5th and 10th
- No classes on Thursday, October 5th
- Strong n Stable will take place on Friday, October 6th at 11:00 am in place of its regularly scheduled time on Thursday, October 5th

## The Power of Qi - Exploring both Tai Chi & Qigong

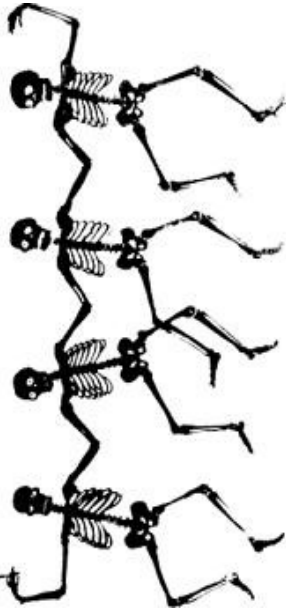
Beginning Tuesday October 17th , we will begin a 10 week series exploring the Tai Chi & Qigong practices. The class will take place every Tuesday and Thursday at 9:00 am in the Wellness Center. The course will run through December 21st. If you would like more information please contact the Wellness Center.

## Halloween Costumes

Halloween is one of our favorite times of the year. We will have something special planned for exercise classes on Monday, October 30th and Tuesday, October 31st. Please feel free to wear your Halloween costume on these days to help us celebrate. Just make sure the costume is safe enough to exercise in.



# October 2023

| Monday  | Tuesday  | Wednesday   | Thursday   | Friday   |
|---|--|---|--|--|
| <b>2</b><br>9:00 Seniorcise Gold I & II<br>10:00 Strength n Flex I & II<br>1:00 Line Dancing  | <b>3</b><br>10:00 Strong n Stable<br><b>11:00 No Yoga</b><br>2:30 Sit Fit n Fun - LP   | <b>4</b><br>9:00 Seniorcise Gold I & II<br>10:00 Strength n Flex I & II<br>2:30 Sit Fit n Fun - TJ  | <b>5</b><br><b>No Classes</b>  | <b>6</b><br>9:00 Seniorcise Gold I & II<br>10:00 Strength n Flex I & II<br><u>11:00 Strong n Stable</u><br>2:30 Sit Fit n Fun - TJ |
| <b>9</b><br>9:00 Seniorcise Gold I & II<br>10:00 Strength n Flex I & II<br>1:00 Line Dancing  | <b>10</b><br>10:00 Strong n Stable<br><b>11:00 No Yoga</b><br>2:30 Sit Fit n Fun - LP  | <b>11</b><br>9:00 Seniorcise Gold I & II<br>10:00 Strength n Flex I & II<br>2:30 Sit Fit n Fun - TJ | <b>12</b><br>10:00 Strong n Stable<br>11:00 Rest & Restore Yoga<br>2:30 Sit Fit n Fun - LP                           | <b>13</b><br>9:00 Seniorcise Gold I & II<br>10:00 Strength n Flex I & II<br>2:30 Sit Fit n Fun - TJ                                |
| <b>16</b><br>9:00 Seniorcise Gold I & II<br>10:00 Strength n Flex I & II<br>1:00 Line Dancing | <b>17</b><br>9:00 Tai Chi & Qi Gong<br>10:00 Strong n Stable<br>11:00 Gentle Flow Yoga<br>(chair modifications)<br>2:30 Sit Fit n Fun - LP | <b>18</b><br>9:00 Seniorcise Gold I & II<br>10:00 Strength n Flex I & II<br>2:30 Sit Fit n Fun - TJ | <b>19</b><br>9:00 Tai Chi & Qi Gong<br>10:00 Strong n Stable<br>11:00 Rest & Restore Yoga<br>2:30 Sit Fit n Fun - LP | <b>20</b><br>9:00 Seniorcise Gold I & II<br>10:00 Strength n Flex I & II<br>2:30 Sit Fit n Fun - TJ                                |
| <b>23</b><br>9:00 Seniorcise Gold I & II<br>10:00 Strength n Flex I & II<br>1:00 Line Dancing | <b>24</b><br>9:00 Tai Chi & Qi Gong<br>10:00 Strong n Stable<br>11:00 Gentle Flow Yoga<br>(chair modifications)<br>2:30 Sit Fit n Fun - LP | <b>25</b><br>9:00 Seniorcise Gold I & II<br>10:00 Strength n Flex I & II<br>2:30 Sit Fit n Fun - TJ | <b>26</b><br>9:00 Tai Chi & Qi Gong<br>10:00 Strong n Stable<br>11:00 Rest & Restore Yoga<br>2:30 Sit Fit n Fun - LP | <b>27</b><br>9:00 Seniorcise Gold I & II<br>10:00 Strength n Flex I & II<br>2:30 Sit Fit n Fun - TJ                                |
| <b>30</b><br>9:00 Seniorcise Gold I & II<br>10:00 Strength n Flex I & II<br>1:00 Line Dancing | <b>31</b><br>9:00 Tai Chi & Qi Gong<br>10:00 Strong n Stable<br>11:00 Gentle Flow Yoga<br>(chair modifications)<br>2:30 Sit Fit n Fun - LP |                  |  | <u>Legend</u><br>LP - Lillian Pratt Parlor<br>TJ - Tobey Jones Solarium  |

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