

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 & 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 November 2023

Schedule Changes and Updates for November

No classes on the following dates....

Wednesday, November 1st

Friday, November 3rd

Thursday, November 23rd

Friday, November 24th

Yoga for Healing, Hope and Health After Loss

Made possible by a generous donation to the Holistic Wellness Program

Wednesday, November 8th 1pm Wellness Center

Grief and loss can transform your life. This one-time class is an invitation to explore blended use of yoga movement, breathwork, sound and visualization to process grief and use it as fuel for transformative healing. This is a unique opportunity to be safely guided to release the sadness, anger, and other painful emotions of grief without expectations or judgements.

The invitation is for you to move your body in a deeply, self-compassionate way so you can begin to experience your loss in a way that is self-supporting and nurturing.

***No yoga experience necessary. Seated chair options offered.**

Please contact Sarah to sign up at 253-756-3241 or

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



November 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 No Classes	2 10:00 Strong n Stable 11:00 Rest & Restore Yoga 2:30 Sit Fit n Fun - LP	3 No Classes Holiday Market 10am-2pm in the Wellness Center 2:30 Sit Fit n Fun - TJ
6 9:00 Seniorcise Gold I & II 10:00 Strength n Flex I & II 1:00 Line Dancing	7 9:00 Tai Chi & Qi Gong 10:00 Strong n Stable 11:00 Gentle Flow Yoga (chair modifications) 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	9 9:00 Tai Chi & Qi Gong 10:00 Strong n Stable 11:00 Rest & Restore Yoga 2:30 Sit Fit n Fun - LP	10 9:00 Seniorcise Gold I & II 10:00 Strength n Flex I & II 2:30 Sit Fit n Fun - TJ
13 9:00 Seniorcise Gold I & II 10:00 Strength n Flex I & II 1:00 Line Dancing	14 9:00 Tai Chi & Qi Gong 10:00 Strong n Stable 11:00 Gentle Flow Yoga (chair modifications) 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	16 9:00 Tai Chi & Qi Gong 10:00 Strong n Stable 11:00 Rest & Restore Yoga 2:30 Sit Fit n Fun - LP	17 9:00 Seniorcise Gold I & II 10:00 Strength n Flex I & II 2:30 Sit Fit n Fun - TJ
20 9:00 Seniorcise Gold I & II 10:00 Strength n Flex I & II 1:00 Line Dancing	21 9:00 Tai Chi & Qi Gong 10:00 Strong n Stable 11:00 Gentle Flow Yoga (chair modifications) 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	23  No Classes	24 No Classes
27 9:00 Seniorcise Gold I & II 10:00 Strength n Flex I & II 1:00 Line Dancing	28 9:00 Tai Chi & Qi Gong 10:00 Strong n Stable 11:00 Gentle Flow Yoga (chair modifications) 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	30 9:00 Tai Chi & Qi Gong 10:00 Strong n Stable 11:00 Rest & Restore Yoga 2:30 Sit Fit n Fun - LP	<u>Legend</u> LP - Lillian Pratt Parlor 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.