

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.
Tai Chi & Qi Gong 45 min	Experience how Qi gong and Tai Chi engage mind, body, and spirit through coordinated movements and focused breathing moving gracefully and effortlessly. Always allowing energy to flow freely throughout the body for more energy, vitality, and wellbeing.
Gentle Flow & Chair Yoga 60 min	Slow steady paced postures and conscious movement with breath. Chair modifications for access at all levels.
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 December 2023

Schedule Changes and Updates for December

- No Sit Fit n' Fun in TJ on Wednesday, December 13th
- No classes on Monday, December 25th
- No Yoga on Tuesday, December 26th or Thursday, December 28th
- No Sit Fit n' Fun in LP on Thursday, December 28th
- No Strong n Stable on Thursday, December 28th. Instead the class will be held on Friday, December 29th at 11:00

Yoga Change

We will no longer offer a Rest & Restore Yoga on Thursdays. Instead the Gentle Flow Yoga with chair modifications will be offered twice a week on Tuesdays and Thursdays at 11:00 am.

Welcome to Andre!

We are extremely excited to welcome Andre to the Wellness team. Andre comes with over 20 years experience in health and fitness including athletic training, weight management, functional training, Crossfit and martial arts. His passion is to assist individuals reach their optimal health through coaching. In addition to his work here, Andre volunteers his time as a martial arts instructor to children ages 5 to 18. Next time you are in the Wellness Center, stop by and say hi to Andre.

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

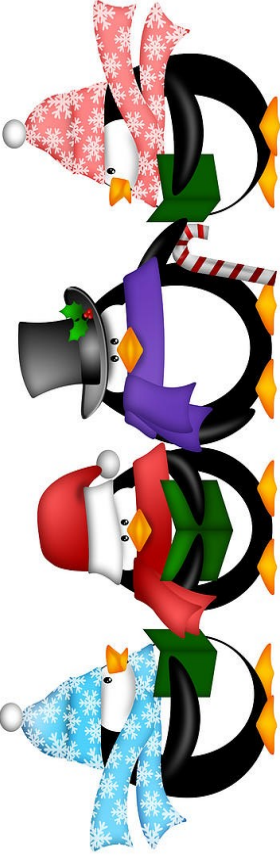

-\$60/couple

Wellness calendar
also available online:

www.franketobeyjones.com



December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Legend</u> LP - Lillian Pratt Parlor TJ - Tobey Jones Solarium				
4 9:00 Seniorcise Gold I & II 10:00 Strength n Flex I & II 1:00 Line Dancing	5 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	6 9:00 Seniorcise Gold I & II 10:00 Strength n Flex I & II 2:30 Sit Fit n Fun - TJ	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	1 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 1:00 Line Dancing	12 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	13 9:00 Seniorcise Gold I & II 10:00 Strength n Flex I & II No Sit Fit n Fun	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
18 9:00 Seniorcise Gold I & II 10:00 Strength n Flex I & II 1:00 Line Dancing	19 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	20 9:00 Seniorcise Gold I & II 10:00 Strength n Flex I & II 2:30 Sit Fit n Fun - TJ	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
25  No Classes	26 10:00 Strong n Stable No Yoga 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	29 9:00 Seniorcise Gold I & II 10:00 Strength n Flex I & II 11:00 Strong n Stable 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.