

# 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 January 2024

### Assessment Week in January

From January 22-26 the Wellness Staff will be conducting assessments. These will be exactly the same as the assessments conducted for class placement. This is a chance for those taking our classes to be re-assessed to track fitness progress and for staff to gauge the effectiveness of the class programming. The re-assessments will be for those who participate in one of our Seniorcise Gold, Strength n' Flex or Strong n' Stable classes. It is also a great opportunity for those that have been thinking about taking a fitness class to get assessed to figure out which class is best. A sign up sheet with times will be posted later in the month. The strength and balance classes will not be in session this week, however Line Dance, Tai Chi and Yoga will be on a normal schedule. Assessments are not required for current members but highly encouraged. If you have any questions, please contact a Wellness Staff Member.

### Closures Due to Weather

In the event of snow, the Wellness Center will follow Tacoma School District's closure announcements. If school is cancelled or delayed, there will be no Wellness classes that day. The district's website can be checked for updated closure announcements: [www.tacomaschools.org](http://www.tacomaschools.org). You may also call 253-571-1000 beginning at 6 am for school closure information.

#### 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)



# January 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1  No Classes	2 10:00 Strong n Stable 11:00 Gentle Flow Yoga (chair modifications) 2:30 Sit Fit n Fun - LP	3 9:00 Seniorcise Gold I & II 10:00 Strength n Flex I 2:30 Sit Fit n Fun - TJ	4 10:00 Strong n Stable 11:00 Gentle Flow Yoga (chair modifications) 2:30 Sit Fit n Fun - LP	5 9:00 Seniorcise Gold I & II 10:00 Strength n Flex I & II 2:30 Sit Fit n Fun - TJ
8 9:00 Seniorcise Gold I & II 10:00 Strength n Flex I 1:00 Line Dancing	9 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	10 9:00 Seniorcise Gold I & II 10:00 Strength n Flex I 2:30 Sit Fit n Fun - TJ	11 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	12 9:00 Seniorcise Gold I & II 10:00 Strength n Flex I & II 2:30 Sit Fit n Fun - TJ
15 9:00 Seniorcise Gold I & II 10:00 Strength n Flex I 1:00 Line Dancing	16 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	17 9:00 Seniorcise Gold I & II 10:00 Strength n Flex I 2:30 Sit Fit n Fun - TJ	18 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	19 9:00 Seniorcise Gold I & II 10:00 Strength n Flex I & II 2:30 Sit Fit n Fun - TJ
22 Assessments 1:00 Line Dancing	23 Assessments 9:00 Tai Chi & Qi Gong 11:00 Gentle Flow Yoga (chair modifications) 2:30 Sit Fit n Fun - LP	24 Assessments 2:30 Sit Fit n Fun - TJ	25 Assessments 9:00 Tai Chi & Qi Gong 11:00 Gentle Flow Yoga (chair modifications) 2:30 Sit Fit n Fun - LP	26 Assessments 2:30 Sit Fit n Fun - TJ
29 9:00 Seniorcise Gold I & II 10:00 Strength n Flex I 1:00 Line Dancing	30 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	31 9:00 Seniorcise Gold I & II 10:00 Strength n Flex I 2:30 Sit Fit n Fun - TJ		<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.