

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 February 2024

Schedule Changes and Updates for February

- No classes Monday, February 19th
- No Sit Fit n' Fun on Thursday, February 22nd
- No Strong n Stable on Thursday, February 22nd. Instead the class will be held on Friday, February 23rd at 11:00 am
- For several weeks in February, Line Dancing will shift to Tuesdays from its normal slot on Monday. The dates will be Tuesday, February 20th and Tuesday, February 27th. The class will remain at 1:00 pm.

Fitness Assessments with UPS Students

On Friday, February 26th beginning at 1:30 pm in the Wellness Center, doctoral physical therapy students from the University of Puget Sound will be on site to offer three valuable physical assessments: 1) the 2-Minute Step Test which is a convenient measure of aerobic fitness, 2) the Y-Balance Test that evaluates the dynamic balance of each leg independently, and 3) the Functional Gait Assessment which is a series of walking tasks that identifies gait impairments that could increase the risk of falls. Individuals may participate in any or all of the assessments. Afterwards, participants will have the opportunity to discuss their individual results with students and their instructors. If you are interested in participating, please contact the Wellness Center to get signed up.

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



February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				
5 9:00 Seniorcise Gold I & II 10:00 Strength n Flex I 1:00 Line Dancing	6 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	7 9:00 Seniorcise Gold I & II 10:00 Strength n Flex I 2:30 Sit Fit n Fun - TJ	8 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	9 9:00 Seniorcise Gold I & II 10:00 Strength n Flex I & II 2:30 Sit Fit n Fun - TJ
12 9:00 Seniorcise Gold I & II 10:00 Strength n Flex I 1:00 Line Dancing	13 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	14 9:00 Seniorcise Gold I & II 10:00 Strength n Flex I 2:30 Sit Fit n Fun - TJ	15 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	16 9:00 Seniorcise Gold I & II 10:00 Strength n Flex I & II 2:30 Sit Fit n Fun - TJ
19  No classes	20 9:00 Tai Chi & Qi Gong 10:00 Strong n Stable 11:00 Gentle Flow Yoga (chair modifications) 1:00 Line Dancing 2:30 Sit Fit n Fun - LP	21 9:00 Seniorcise Gold I & II 10:00 Strength n Flex I 2:30 Sit Fit n Fun - TJ	22 9:00 Tai Chi & Qi Gong No Strong n Stable 11:00 Gentle Flow Yoga (chair modifications) No Sit Fit n Fun	23 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
26 9:00 Seniorcise Gold I & II 10:00 Strength n Flex I 1:30 Fitness Assessments with UPS Students	27 9:00 Tai Chi & Qi Gong 10:00 Strong n Stable 11:00 Gentle Flow Yoga (chair modifications) 1:00 Line Dancing 2:30 Sit Fit n Fun - LP	28 9:00 Seniorcise Gold I & II 10:00 Strength n Flex I 2:30 Sit Fit n Fun - TJ	29 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	<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.