

# 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 Yoga 60 min	Slow steady paced postures and conscious movement with breath including some mat exercises.
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.
Monday Meditation 20 min	Meditation can relieve stress, anxiety and help to manage pain. It can improve focus, memory, sleep, mood and even digestion! The guided sessions are done by sitting comfortably in a chair with no movement required.
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 April 2024*

**Schedule Changes and Updates for April**

- No classes on Friday, April 19th

**Recompose, A Sustainable End Of Life Choice**

**Friday, April 5th 2:00 pm Wellness Center**

Recompose is a licensed, full-service, green funeral home in Seattle specializing in human composting.

As the first human composting company in the world, Recompose works directly with you and the people in your life to ensure respectful, empathetic service from the time of death through the body's transformation into soil.

In this 60-minute presentation, we will learn more about the Recompose journey, how it works, and why this end of life option is a benefit to the earth and to humanity. There will be time dedicated at end for any questions you may have.

\*If interested in attending, please RSVP to Sarah at (253) 756-3241 or [sdoerner@franketobeyjones.com](mailto: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](http://www.franketobeyjones.com)



# April 2024

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