

# 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.
Chair Yoga 30 min	Designed for individuals of all ages and fitness levels, especially those who prefer a more gentle approach or have limited mobility. This class uses chairs to provide support and stability while performing a series of seated and standing yoga poses.
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 June 2024

### Schedule Changes and Updates for June

- Chair Yoga has changed start time to 12:15 pm on Tuesdays.
- Meditation is back on the schedule at 12:00 pm on Mondays.
- The current 10 week Tai Chi series will finish on June 11th. The next series will begin on June 25th.
- No classes on Friday, June 28th.

### Mindfulness Walk in the Park

Tuesday, June 4th at 10:00 am - Meet in Bistro

Starting in front of the Bistro, we will venture to Point Defiance then across the Wilson bridge down to the Dune Peninsula at Point Defiance Park and back. You must be able to walk this distance without staff assistance.

Optional detour: On our way back, we will stop at Wren's Nest Baking Co. for a delicious treat and conversation. If interested, please sign up with Sarah. You can reach her 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)



# June 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<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 12:00 Meditation 1:00 Line Dancing	<b>4</b> 9:00 Tai Chi & Qi Gong 10:00 Strong n Stable 11:00 Gentle Flow Yoga 12:15 Chair 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>6</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>7</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>10</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>11</b> 9:00 Tai Chi & Qi Gong 10:00 Strong n Stable 11:00 Gentle Flow Yoga 12:15 Chair 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>13</b> 10:00 Strong n Stable 11:00 Gentle Flow Yoga 2:30 Sit Fit n Fun - LP	<b>14</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>17</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>18</b> 10:00 Strong n Stable 11:00 Gentle Flow Yoga 12:15 Chair Yoga 2:30 Sit Fit n Fun - LP	<b>19</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>20</b> 10:00 Strong n Stable 11:00 Gentle Flow Yoga 2:30 Sit Fit n Fun - LP	<b>21</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>24</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>25</b> 9:00 Tai Chi & Qi Gong 10:00 Strong n Stable 11:00 Gentle Flow Yoga 12:15 Chair 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>27</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>28</b> <b>No Classes</b>
<p><b>Legend</b></p> <p>LP - Lillian Pratt Parlor            TJ - Tobey Jones Solarium</p>				



If you are interested in classes, please set up a time with Wellness Staff for an assessment at 253-756-6279.