

# 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 July 2024

### Schedule Changes and Updates for July

- No Strength classes or Sit Fit n' Fun the last week of July due to Assessments
- No classes on Thursday, July 4th.
- No Tai Chi classes July 4th - July 18th. Classes will resume on July 23rd.
- Yoga will be taking an extended break from July 23rd thru the end of August. Classes will resume in September.

### Assessment Week in July

From July 29th - August 1st 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 and Sit Fit n Fun will not be in session this week, however Line Dance and Tai Chi 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.

#### 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)



# July 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>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</p>	<p>2</p> <p>9:00 Tai Chi &amp; Qi Gong 10:00 Strong n Stable 11:00 Gentle Flow Yoga 12:15 Chair Yoga 2:30 Sit Fit n Fun - LP</p>	<p>3</p> <p>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</p>	<p>4</p>  <p><i>Independence Day</i> <b>No Classes</b></p>	<p>5</p> <p>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</p>
<p>8</p> <p>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</p>	<p>9</p> <p><b>No Tai Chi</b> 10:00 Strong n Stable 11:00 Gentle Flow Yoga 12:15 Chair Yoga 2:30 Sit Fit n Fun - LP</p>	<p>10</p> <p>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</p>	<p>11</p> <p><b>No Tai Chi</b> 10:00 Strong n Stable 11:00 Gentle Flow Yoga 2:30 Sit Fit n Fun - LP</p>	<p>12</p> <p>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</p>
<p>15</p> <p>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</p>	<p>16</p> <p><b>No Tai Chi</b> 10:00 Strong n Stable 11:00 Gentle Flow Yoga 12:15 Chair Yoga 2:30 Sit Fit n Fun - LP</p>	<p>17</p> <p>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</p>	<p>18</p> <p><b>No Tai Chi</b> 10:00 Strong n Stable 11:00 Gentle Flow Yoga 2:30 Sit Fit n Fun - LP</p>	<p>19</p> <p>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</p>
<p>22</p> <p>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</p>	<p>23</p> <p>9:00 Tai Chi &amp; Qi Gong 10:00 Strong n Stable <b>No Yoga</b> 2:30 Sit Fit n Fun - LP</p>	<p>24</p> <p>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</p>	<p>25</p> <p>9:00 Tai Chi &amp; Qi Gong 10:00 Strong n Stable <b>No Yoga</b> 2:30 Sit Fit n Fun - LP</p>	<p>26</p> <p>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</p>
<p>29</p> <p><b>Assessments</b> <b>No Strength Classes</b> 1:00 Line Dancing</p>	<p>30</p> <p><b>Assessments</b> 9:00 Tai Chi &amp; Qi Gong <b>No Strong n Stable</b> <b>No Yoga</b> <b>No Sit Fit n Fun</b></p>	<p>31</p> <p><b>Assessments</b> <b>No Strength Classes</b> <b>No Sit Fit n Fun</b></p>	<p><b>Assessments</b> 9:00 Tai Chi &amp; Qi Gong <b>No Strong n Stable</b> <b>No Yoga</b> <b>No Sit Fit n Fun</b></p>	<p><b>No Strength Classes</b> <b>No Sit Fit n Fun</b></p>



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