

# 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 aerobic class. Line dance is effective for cardiovascular and brain health (hence a deterrent to Alzheimer's, dementia and depression). Dance increases strength, endurance, balance and coordination. In addition, it boosts emotional and social well-being as you communicate through teamwork.
Meditation 30 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 October 2024

### Wellness Week (October 21-25)

To celebrate our Wellness Center and all our wonderful members, FTJ is hosting its first ever Wellness Week. Please see the schedule of events below as well as the insert with more details. No classes will be held this week.

#### Monday, October 21st

- 8 am - 12 pm Personalized Strength Training Program
- 10 am Line Dance Open House
- 2 pm Words, Beliefs, Emotions with Mag Secretario

#### Tuesday, October 22nd

- 8 am - 1:30 pm Posture Assessments
- 12 pm Introduction to Meditation
- 2 pm Burn the Burnout for Caregivers with Becca Boston

#### Wednesday, October 23rd

- 10 am - 12 pm Wellness Fair
- 12 pm - 3 pm Personalized Strength Training Program
- 2 pm Getting the Most Out of Your Dr. Appointment with Dr. Bree Zehnder MD

#### Thursday, October 24th

- 10 am Balance Lab
- 12 pm - 3 pm Posture Assessments
- 2 pm Tree Walk

#### Friday, October 25th

- 11:30 am - 1 pm Member Appreciation Potluck

#### Wellness Center

##### hours:

Mon - Fri:  
6am-7pm

#### Wellness Program

##### Supervisor:

Colin Deck  
253-756-6279

#### Holistic Wellness

##### Coordinator:

Sarah Doerner  
253-756-3241

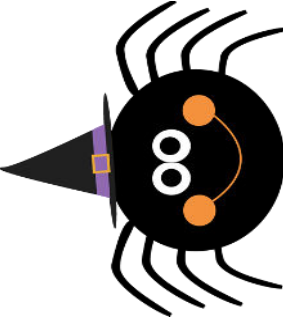
#### Wellness info:

Community member  
monthly price:  
-\$40/single  
-\$60/couple

Wellness calendar  
also available online:  
[www.franketobeyjones.com](http://www.franketobeyjones.com)



# October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>1 10:00 Strong n Stable 11:00 Gentle Flow Yoga 2:30 Sit Fit n Fun - LP</p>	<p>2 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>3 10:00 Strong n Stable 11:00 Gentle Flow Yoga 2:30 Sit Fit n Fun - LP</p>	<p>4 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>7 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II 1:00 Line Dancing</p>	<p>8 9:00 Tai Chi &amp; Qi Gong 10:00 Strong n Stable 11:00 Gentle Flow Yoga 2:30 Sit Fit n Fun - LP</p>	<p>9 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>10 9:00 Tai Chi &amp; Qi Gong 10:00 Strong n Stable 11:00 Gentle Flow Yoga 2:30 Sit Fit n Fun - LP</p>	<p>11 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 2:30 Sit Fit n Fun - TJ</p>
<p>14 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II 1:00 Line Dancing</p>	<p>15 9:00 Tai Chi &amp; Qi Gong 10:00 Strong n Stable 11:00 Gentle Flow Yoga 2:30 Sit Fit n Fun - LP</p>	<p>16 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>17 9:00 Tai Chi &amp; Qi Gong 10:00 Strong n Stable 11:00 Gentle Flow Yoga 2:30 Sit Fit n Fun - LP</p>	<p>18 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 2:30 Sit Fit n Fun - TJ</p>
 <p><b>October 21st-25th</b> See Brochure for List of Events No classes held this week</p>				
<p>28 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II 1:00 Line Dancing</p>	<p>29 9:00 Tai Chi &amp; Qi Gong 10:00 Strong n Stable 11:00 Gentle Flow Yoga 2:30 Sit Fit n Fun - LP</p>	<p>30 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>31 9:00 Tai Chi &amp; Qi Gong 10:00 Strong n Stable 11:00 Gentle Flow Yoga 2:30 Sit Fit n Fun - LP</p>	<p><u>Legend</u> 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.