

Class Descriptions

| Class name | What to expect |
|-----------------------------|---|
| Seniorcise Gold 45 min | Active cardio, strength, and balance exercises including mat exercises. |
| Strength n' Flex 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 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 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. |
| Commit Dance Fitness 60 min | Commit Dance Fitness is a fun High Intensity Interval Training (HIIT) inspired dance program. We teach to all ages and abilities, combining several genres of music. Commit choreography is taught in levels to introduce movement and modification to ensure each student's success. |
| 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 March 2025

Schedule Changes and Updates for March

- Balance Lab is on Friday, March 14th at 2:30 pm. You must sign up for this event as space is limited.
- No Tai Chi on Thursday, March 27th.
- No strength classes on Friday, March 28th.

STEADI Assessments with Physical Therapy Students

University of Puget Sound Students who are working towards their doctorate in physical therapy will be offering the CDC's Stopping Elderly Accidents, Deaths & Injuries (STEADI) screen at Franke Tobey Jones on March 6th from 1-5pm. The STEADI screen is designed to screen older adults for fall risk. The screen includes a questionnaire, physical assessment, and recommendations for decreasing each participant's fall risk. Furthermore, participants will have the option to do an additional follow-up with the students at a later date for more specialized exercise options.

To sign up for a time slot please contact Sarah Doerner at 253-756-3241 or sdoerner@franketobeyjones.com.

These assessments are different from the assessments done by Wellness Staff

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:

-\$50/single



-\$75/couple

Wellness calendar
also available online:

www.franketobeyjones.com



March 2025

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|---|
| 3 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II 2:00 Line Dancing | 4 9:00 Tai Chi & Qi Gong 10:00 Strong n Stable 11:00 Gentle Yoga 2:30 Sit Fit n Fun - LP | 5 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 | 6 9:00 Tai Chi & Qi Gong 10:00 Strong n Stable 11:00 Gentle Yoga 2:30 Sit Fit n Fun - LP | 7 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 Commit Dance Fitness 2:30 Sit Fit n Fun - TJ |
| 10 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II 2:00 Line Dancing | 11 9:00 Tai Chi & Qi Gong 10:00 Strong n Stable 11:00 Gentle Yoga 2:30 Sit Fit n Fun - LP | 12 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 | 13 9:00 Tai Chi & Qi Gong 10:00 Strong n Stable 11:00 Gentle Yoga 2:30 Sit Fit n Fun - LP | 14 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 Commit Dance Fitness 2:30 Balance Lab 2:30 Sit Fit n Fun - TJ |
| 17 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II 2:00 Line Dancing  | 18 9:00 Tai Chi & Qi Gong 10:00 Strong n Stable 11:00 Gentle Yoga 2:30 Sit Fit n Fun - LP | 19 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 | 20 9:00 Tai Chi & Qi Gong 10:00 Strong n Stable 11:00 Gentle Yoga 2:30 Sit Fit n Fun - LP | 21 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 Commit Dance Fitness 2:30 Sit Fit n Fun - TJ |
| 24 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II 2:00 Line Dancing | 25 9:00 Tai Chi & Qi Gong 10:00 Strong n Stable 11:00 Gentle Yoga 2:30 Sit Fit n Fun - LP | 26 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 | 27 No Tai Chi 10:00 Strong n Stable 11:00 Gentle Yoga 2:30 Sit Fit n Fun - LP | 28 No Seniorcise Gold No Strength n Flex 12:00 Meditation 1:00 Commit Dance Fitness 2:30 Sit Fit n Fun - TJ |
| 31 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II 2:00 Line Dancing |  | | | <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.



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