

# 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*

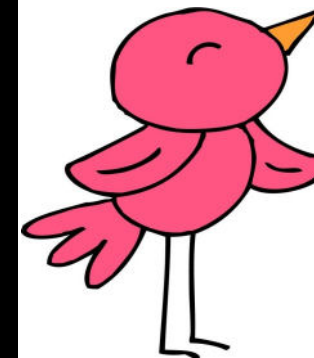
## Well, Well, Well May 2025

### Schedule Changes and Updates for May

- Balance Lab is on Friday, May 2nd (You must sign up for this event).
- No classes on Wednesday, May 7th. Sit Fit n Fun in TJ will take place at its normal time.
- No Tai Chi on Tuesday, May 13th or Thursday, May 15th.
- No Meditation on Friday, May 23rd.
- No classes on Monday, May 26th due to the Memorial Day holiday.

**Chiro One Presents: BE WELL Appreciation Day**  
Friday, May 23rd at 2:30 pm in the Wellness Center

Please join us for an afternoon of wellness and appreciation courtesy of Chiro One. Enjoy stress awareness screenings and tips on stretches to help reduce stress as well as visual posture checks. Please sign up for this event by contacting Sarah at 253-756-3241 or at [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:



-\$50/single

-\$75/couple

Wellness calendar  
also available online:

[www.franketobeyjones.com](http://www.franketobeyjones.com)

# May 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Legend</u>  LP - Lillian Pratt Parlor TJ - Tobey Jones Solarium			1 9:00 Tai Chi & Qi Gong 10:00 Strong n Stable 11:00 Gentle Yoga  2:30 Sit Fit n Fun - LP	2  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 <u>2:30 Balance Lab</u>
5  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	6  9:00 Tai Chi & Qi Gong 10:00 Strong n Stable 11:00 Gentle Yoga  2:30 Sit Fit n Fun - LP	7  <b>No Classes in the Wellness Center</b>  2:30 Sit Fit n Fun - TJ	8  9:00 Tai Chi & Qi Gong 10:00 Strong n Stable 11:00 Gentle Yoga  2:30 Sit Fit n Fun - LP	9  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
12  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	13  <b>No Tai Chi</b> 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  2:30 Sit Fit n Fun - TJ	15  <b>No Tai Chi</b> 10:00 Strong n Stable 11:00 Gentle Yoga  2:30 Sit Fit n Fun - LP	16  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
19  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	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  2:30 Sit Fit n Fun - TJ	22  9:00 Tai Chi & Qi Gong 10:00 Strong n Stable 11:00 Gentle Yoga  2:30 Sit Fit n Fun - LP	23  8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II <u>No Meditation</u> 1:00 Commit Dance Fitness 2:30 Sit Fit n Fun - TJ
26  <b>No Classes</b>	27  9:00 Tai Chi & Qi Gong 10:00 Strong n Stable 11:00 Gentle Yoga  2:30 Sit Fit n Fun - LP	28  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	29  9:00 Tai Chi & Qi Gong 10:00 Strong n Stable 11:00 Gentle Yoga  2:30 Sit Fit n Fun - LP	30  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

If you would like to sign up for the Franke Tobey Jones monthly e-newsletter with campus stories and updates including information about our upcoming expansion, please visit [www.franketobeyjones.com/contact/sign-up-for-updates](http://www.franketobeyjones.com/contact/sign-up-for-updates)

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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