

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 July 2025

Schedule Changes and Updates for July

- No Sit Fit n Fun in LP on Tuesday, July 1st.
- No classes on July 4th.
- No Meditation on Friday, July 11th.
- Owen Beach Walk is on Friday, July 18th at 1:30 pm. Please make sure to sign up for a spot on the bus.
- No Seniorcise Gold or Strength n Flex on Friday, July 25th.

New Time for Commit Dance Fitness

Commit Dance Fitness class has a new time in July. Classes will be on Thursday mornings at 8:00 am. If you like dance and cardiovascular exercise this is the class for you. Commit Dance Fitness is a fun High Intensity Interval Training (HIIT) inspired dance program. The class combines several genres of music and teaches to all ages and abilities. The choreography is taught in levels to introduce the different movements to ensure each student's success. No need to sign up for this class. Hope to see you there.

Traditional Chinese Mahjong

Mondays in July at 1:00 pm in Bristol View Bowditch Room
Learn the rich history and intricate rules of traditional Chinese Mahjong. In this hands on class you will learn title recognition, gameplay strategies and cultural etiquette. Whether you're a beginner or brushing up your skills, you'll enjoy an engaging introduction to this classic game of skill and luck. Please contact Sarah Doerner to sign up.

Wellness Center

hours:

Mon - Fri:
6am-7pm

Wellness Program

Supervisor:

Colin Deck
253-756-6279

Holistic Wellness

Coordinator:

Sarah Doerner
253-756-3241


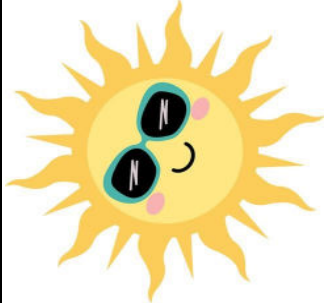
Wellness info:

Community member
monthly price:
-\$50/single
-\$75/couple

Wellness calendar
also available online:
www.franketobeyjones.com



July 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 <u>No Sit Fit n Fun</u>	2 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II	3 8:00 Commit Dance Fitness 9:00 Tai Chi & Qi Gong 10:00 Strong n Stable 11:00 Gentle Yoga 2:30 Sit Fit n Fun - LP	4  No Classes
7 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 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	10 8:00 Commit Dance Fitness 9:00 Tai Chi & Qi Gong 10:00 Strong n Stable 11:00 Gentle Yoga 2:30 Sit Fit n Fun - LP	11 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> 2:30 Sit Fit n Fun - TJ
14 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 2:30 Sit Fit n Fun - TJ	15 9:00 Tai Chi & Qi Gong 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	17 8:00 Commit Dance Fitness 9:00 Tai Chi & Qi Gong 10:00 Strong n Stable 11:00 Gentle Yoga 2:30 Sit Fit n Fun - LP	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 <u>1:30 Owen Beach Walk</u> 2:30 Sit Fit n Fun - TJ
21 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 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	24 8:00 Commit Dance Fitness 9:00 Tai Chi & Qi Gong 10:00 Strong n Stable 11:00 Gentle Yoga 2:30 Sit Fit n Fun - LP	25 <u>No Seniorcise Gold or Strength n Flex</u> 12:00 Meditation 2:30 Sit Fit n Fun - TJ
28 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 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	31 8:00 Commit Dance Fitness 9:00 Tai Chi & Qi Gong 10:00 Strong n Stable 11:00 Gentle Yoga 2:30 Sit Fit n Fun - LP	

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

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



FRANKE TOBEY JONES
Enjoy your age