

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.
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 2025

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



Holistic Wellness Week (October 6-10)

To celebrate our Wellness Center and all our wonderful members, FTJ is hosting its 2nd Annual Holistic 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 6th

- 8 - 11 am Customized Fitness Programming
- 9 am Line Dance Blast from the Past
- 11 am Join the Party
- 1 - 3 pm Customized Fitness Programming
- 2 pm Exploring Your Voice with Karen Laura Peters

Tuesday, October 7th

- 8 - 11 am Customized Fitness Programming
- 10:30 am Yoga Fuzion
- 2 - 4 pm Game Day

Wednesday, October 8th

- 10 am - 12 pm Wellness Fair

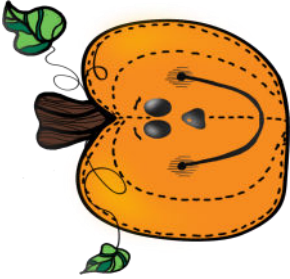
Thursday, October 9th

- 8 am Introduction to Dance Fitness with Commit
- 10 am Digestion and the Immune System
- 2 pm Hindi Songs for the Soul

Friday, October 10th

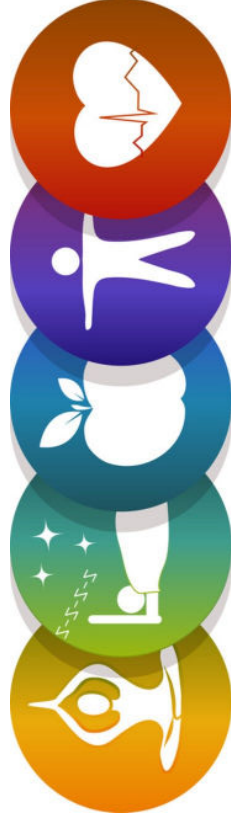
- 11:30 am - 1 pm Member Appreciation Potluck

October 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Legend</u> LP - Lillian Pratt Parlor TJ - Tobey Jones Solarium <u>*Tai Chi & Qi Gong will be in video format this month (no live instructor)</u>		1 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II	2 8:00 Commit Dance Fitness 9:00 Tai Chi & Qi Gong* <u>No Strong n Stable</u> 11:00 Gentle Yoga <u>No Sit Fit n Fun</u>	3 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

October 6th-10th

See Brochure for List of Events
No classes held this week



13 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	14 9:00 Tai Chi & Qi Gong* 10:00 Strong n Stable 11:00 Gentle Yoga 2:30 Sit Fit n Fun - LP	15 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II	16 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	17 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
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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.



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