

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 December 2025

Schedule changes and updates for December

- No Commit Dance Fitness, Strong n Stable or Sit Fit n Fun on Thursday, December 11th.
- We will do joint classes on Friday, December 12th. Seniorcise Gold I & II will meet at 9:00 am in one combined class. Strength n Flex I & II will meet at 10:00 am in one combined class.
- No Tai Chi December 23rd and December 30th.
- No classes December 24th-26th, January 1st and 2nd due to the holidays.

Line Dance Schedule Update

Line Dance is taking a break for the holidays. Starting in January class will be on Tuesdays at 8:00 am.

Maple Creek Drama Club Presents: "ALEX in Wonderland"

Friday, December 19th at 1:00 pm in the Wellness Center

Join us for a delightful afternoon as the Maple Creek Drama Club brings the magic of Alex in Wonderland to life on stage! After the show, stay for a festive cookie exchange. Bring a favorite treat to share or simply enjoy the delicious assortment. It's the perfect blend of creativity, community, and sweet fun!

Please sign up with Sarah at sdoerner@franketobeyjones.com or 253-756-3241.

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



December 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1 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	2 9:00 Tai Chi & Qi Gong 10:00 Strong n Stable 11:00 Gentle Yoga 2:30 Sit Fit n Fun - LP	3 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II	4 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	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
8 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	9 9:00 Tai Chi & Qi Gong 10:00 Strong n Stable 11:00 Gentle Yoga 2:30 Sit Fit n Fun - LP	10 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II	11 **No Commit** 9:00 Tai Chi & Qi Gong **No Strong n Stable** 11:00 Gentle Yoga **No Sit Fit n Fun**	12 **Combined Classes** 9:00 Seniorcise Gold I & II 10:00 Strength n Flex I & II 2:30 Sit Fit n Fun - TJ
15 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	16 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	18 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	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
22 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	23 **No Tai Chi** 10:00 Strong n Stable 11:00 Gentle Yoga 2:30 Sit Fit n Fun - LP	<div><div><div>HAPPY</div><div><i>Holidays</i></div></div></div> <div>No classes December 24th-26th</div>		
29 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	30 **No Tai Chi** 10:00 Strong n Stable 11:00 Gentle Yoga 2:30 Sit Fit n Fun - LP	31 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II	<div><div><div>HAPPY</div><div>NEW YEAR</div></div></div> <div>No classes January 1st or 2nd</div>	

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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