

# 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 February 2026

### Schedule Changes and Updates for February

- No Tai Chi on Tuesday, Feb. 3rd
- No Sit Fit n Fun in LP on Tuesday, Feb. 10th
- No classes on Monday, Feb. 16th or Friday, Feb. 27th

### Seated Pilates for Posture and Breath

**Monday, February 9th at 1:00 pm in the Wellness Center**

Join Morgan Bobadilla of Hummingbird Studios for a 60 minute Pilates session designed entirely for the seated body. This class translates the core principles of Pilates - Control, Center and Breath - into accessible movements that do not require getting down on the floor. We will focus on strengthening the deep core muscles, using breath to regulate the nervous system and maintaining joint health and posture through gentle rhythmic movements. All fitness levels are welcome. No prior Pilates experience is necessary.

### Connection Cabaret

Queen Time Entertainment proudly presents Connection Cabaret, a joyful, community-centered drag experience featuring Miss Community Tacoma Melody MVP. The show celebrates connection, kindness, and joy - brought to life through the art of drag and designed to welcome audiences of all ages. Audiences are drawn into music, stories, and shared laughter, creating a warm, participatory atmosphere. Every song and theme is thoughtfully crafted with seniors in mind, honoring nostalgia and life experience while remaining playful and accessible for younger generations.

There will be a pre-show presentation and Q & A on February 12th at 1:00 pm, followed by the performance on February 19th at 1:00 pm. Both events will be held in the Wellness Center.

### 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)



# February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
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 Line Dancing <b>No Tai Chi</b> 10:00 Strong n Stable 11:00 Gentle Yoga 2:30 Sit Fit n Fun - LP	4 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II	5 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	6 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II
9 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II <u>1:00 Seated Pilates for Posture and Breath</u>	10 8:00 Line Dancing 9:00 Tai Chi & Qi Gong 10:00 Strong n Stable 11:00 Gentle Yoga <b>No Sit Fit n Fun</b>	11 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II	12 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	13 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II
16  <i>Presidents Day</i> <b>No classes</b>	17 8:00 Line Dancing 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	19 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	20 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II
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 Line Dancing 9:00 Tai Chi & Qi Gong 10:00 Strong n Stable 11:00 Gentle Yoga 2:30 Sit Fit n Fun - LP	25 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II	26 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	27 <b>No classes</b>

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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