

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 April 2026

Schedule Changes and Updates for April

- No classes on Thursday, April 9th in the Wellness Center
- No Sit Fit n Fun in LP on Tuesday, April 14th
- No classes on Friday, April 24th 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

Transformation Makeup Tutorial

(Made possible by a generous donation to Holistic)
Thursday, April 23rd 1:00 pm in the Wellness Center

Queen Time Entertainment presents a one-hour tutorial, giving you a behind-the-scenes look at how professional performers create dramatic stage-ready looks. During this event, a drag performer demonstrates the step-by-step process of building a full makeup transformation. Please sign up with Sarah for this event at 253-756-3241 or at sdoerner@franketobeyjones.com.



Uncovering Our Body Wisdom

(Made possible by a generous donation to Holistic)
Thursday, April 30th 1:00 pm in the Wellness Center

Uncovering Our Body Wisdom is an InterPlay Workshop with The Reverend Kawika Costa. Join us for a joyful and gentle workshop designed especially for seniors. Through simple movement, storytelling, and connection, we'll rediscover the wisdom our bodies carry from a lifetime of living. No experience needed. All movement can be done seated or standing. Come as your are! Please sign up with Sarah for this event at 253-756-3241 or at sdoerner@franketobeyjones.com.



April 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strong n Flex I 11:00 Strength n Flex II</p>	<p>2</p> <p>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</p>	<p>3</p> <p>8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strong n Flex I 11:00 Strength n Flex II 2:30 Sit Fit n Fun - TJ</p>
<p>6</p> <p>8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strong n Flex I 11:00 Strength n Flex II 2:30 Sit Fit n Fun - TJ</p>	<p>7</p> <p>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</p>	<p>8</p> <p>8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strong n Flex I 11:00 Strength n Flex II</p>	<p>9</p> <p><u>No Classes in the Wellness Center</u> 2:30 Sit Fit n Fun - LP</p>	<p>10</p> <p>8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strong n Flex I 11:00 Strength n Flex II 2:30 Sit Fit n Fun - TJ</p>
<p>13</p> <p>8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strong n Flex I 11:00 Strength n Flex II 2:30 Sit Fit n Fun - TJ</p>	<p>14</p> <p>8:00 Line Dancing 9:00 Tai Chi & Qi Gong 10:00 Strong n Stable 11:00 Gentle Yoga <u>No Sit Fit n Fun</u></p>	<p>15</p> <p>8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strong n Flex I 11:00 Strength n Flex II</p>	<p>16</p> <p>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</p>	<p>17</p> <p>8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strong n Flex I 11:00 Strength n Flex II 2:30 Sit Fit n Fun - TJ</p>
<p>20</p> <p>8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strong n Flex I 11:00 Strength n Flex II 2:30 Sit Fit n Fun - TJ</p>	<p>21</p> <p>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</p>	<p>22</p> <p>8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strong n Flex I 11:00 Strength n Flex II</p>	<p>23</p> <p>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</p>	<p>24</p> <p><u>No Classes in the Wellness Center</u> 2:30 Sit Fit n Fun - TJ</p>
<p>27</p> <p>8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strong n Flex I 11:00 Strength n Flex II 2:30 Sit Fit n Fun - TJ</p>	<p>28</p> <p>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</p>	<p>29</p> <p>8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strong n Flex I 11:00 Strength n Flex II</p>	<p>30</p> <p>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</p>	<p><u>Legend</u> LP - Lillian Pratt Parlor TJ - Tobey Jones Solarium</p>

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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