

Class Descriptions

Class name	What to expect
Seniorgise 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 July 2026

Schedule Changes and Updates for July

- No classes on Friday, July 3rd
- No Line Dancing on Tuesday, July 7th
- No Tai Chi on Tuesday, July 14th
- No Strong n Stable on Thursday, July 23rd
- No classes in the Wellness Center on Friday, July 24th

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



Double Bass Show & Tell Performance

(Made possible by a generous donation to Holistic)

Friday, July 10th at 1:00 pm in the Wellness Center

Join local double bass performer and educator, Tommy Hawthorne, for this exciting recital event where you will hear amazing music you many not have know the bass was capable of. Come with your curiosity at the ready as Mr. Hawthorne will also open up a conversation to answer any and all questions about the double bass, the music performed, and anything that may come to mind during the performance. Works by Johann Sebastian Bach, Mieczyslaw Weinberg, and David Anderson will be a part of this very special event!

Sound Journey with Matthew Peters: An Immersive Listening Experience

(Made possible by a generous donation to Holistic)

Monday, July 13th at 1:00 pm in the Wellness Center

Participants are invited into a calming sound immersion designed to encourage deep listening, relaxation, and presence. Using Himalayan singing bowls, gongs, and gentle chimes, the experience offers an opportunity to slow down, rest the mind, and connect more fully with the subtle textures of sound and vibration. Guests are welcome to simply listen, relax, and receive.

July 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	<u>Legend</u> LP - Lillian Pratt Parlor TJ - Tobey Jones Solarium	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 10:00 Strong n Stable 11:00 Gentle Yoga 2:30 Sit Fit n Fun - LP	3  No Classes
6 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	7 No Line Dancing 9:00 Tai Chi & Qi Gong 10:00 Strong n Stable 11:00 Gentle Yoga 2:30 Sit Fit n Fun - LP	8 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 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	10 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
13 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	14 8:00 Line Dancing No Tai Chi 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
20 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	21 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	22 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 Commit Dance Fitness 9:00 Tai Chi & Qi Gong No Strong n Stable 11:00 Gentle Yoga 2:30 Sit Fit n Fun - LP	24 No Classes in the Wellness Center 2:30 Sit Fit n Fun - TJ
27 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	28 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	29 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II	30 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	31 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

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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