

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.
Ballroom Dance 60 min	An hour of beginning to advanced ballroom dance lessons aiming to improve coordination, memory, and balance. Beginners welcome - bring your dancing shoes!



FRANKE TOBEY JONES

M.J. WICKS WELLNESS CENTER

Enjoy your age

Well, Well, Well October 2026

Schedule Changes and Updates for October

- No classes during Wellness Week (Oct. 12-16th). See brochure for a full list of events
- Tai Chi is on hiatus for October. The next 10 week series will begin on November 3rd
- No classes Tuesday, October 20th and Tuesday, October 27th due to Marketing events

Ballroom Dance Returning

Classes will take place on Wednesdays at 1:00 pm in the Wellness Center beginning October 21st

Join us for an afternoon of music and movement. Whether you're a seasoned dancer or just want to sway along, we'll enjoy classic ballroom tunes and simple steps together. All fitness levels welcome. Chairs available for those who'd like to sit and enjoy the music instead.

Wellness Week (October 12th-16th)

To celebrate our Wellness Program and all our wonderful members, FTJ is hosting its 3rd Annual Wellness Week sponsored by Lightcurve Internet and AgeRight Therapy. Please refer to the brochure for a list of events. Our regular fitness classes will not be held this week. Make sure to sign up with Wellness Staff for any events you are interested in attending.

New Check-in System

If you are having any issues with the check-in system or still need help with your account set up, please contact Wellness Staff for assistance.

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



October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Legend</u> LP - Lillian Pratt Parlor TJ - Tobey Jones Solarium			1 8:00 Commit Dance Fitness 10:00 Strong n Stable 11:00 Gentle Yoga 2:30 Sit Fit n Fun - LP	2 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
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	6 8:00 Line Dancing 10:00 Strong n Stable 11:00 Gentle Yoga 2:30 Sit Fit n Fun - LP	7 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II	8 8:00 Commit Dance Fitness 10:00 Strong n Stable 11:00 Gentle Yoga 2:30 Sit Fit n Fun - LP	9 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II <u>No Sit Fit n Fun</u>

October 12th-16th

See Brochure for List of Events

No classes held this week



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	20 No Classes	21 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II 1:00 Ballroom Dance	22 8:00 Commit Dance Fitness 10:00 Strong n Stable 11:00 Gentle Yoga 2:30 Sit Fit n Fun - LP	23 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
26 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	27 No Classes	28 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II 1:00 Ballroom Dance	29 8:00 Commit Dance Fitness 10:00 Strong n Stable 11:00 Gentle Yoga 2:30 Sit Fit n Fun - LP	30 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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