

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 September 2026

Schedule Changes and Updates for September

- No classes on Monday, September 7th.
- No Tai Chi on Tuesday, September 22nd as we wrap up the current 10 week series. The next series will begin on Thursday, September 24th.
- No classes on Wednesday, September 23rd.

Wellness Week Coming Soon

Franke Tobey Jones' annual Wellness Week sponsored by Light Curve and AgeSTRONG by Consonus Rehab is coming up next month. The celebration will span the week of October 12th-16th. Some popular events will be returning like Game Day, the Wellness Fair and the Member Appreciation Event along with many other new and exciting offerings. Stay tuned for a full list of events that will be published later this month.

Cultural Cuisine - Korean Side Dishes

Friday, September 25th 1:00 pm Bristol View 1st floor gathering room

Join Andre as we explore Korean culture through food! Learn the stories and traditions behind classic banchan (side dishes), then enjoy a tasting of authentic flavors. From kimchi to japchae. A delicious journey for curious food lovers. Space is limited, please RSVP.

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



September 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Legend</u> LP - Lillian Pratt Parlor TJ - Tobey Jones Solarium	1 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	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 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	4 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 Classes	8 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	9 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II	10 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	11 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 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	15 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	16 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II	17 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	18 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 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 Line Dancing No Tai Chi 10:00 Strong n Stable 11:00 Gentle Yoga 2:30 Sit Fit n Fun - LP	23 No Classes	24 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	25 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 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	29 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	30 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II		

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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