



FRANKE TOBEY JONES

M.J. WICKS WELLNESS CENTER

Enjoy your age

100TH
Anniversary
2024



The Senior Wellness Program has been a hallmark of our campus since 1998. In 2004, the state-of-the-art 6,000 square foot MJ Wicks Family Wellness Center opened with wild success. Free to our residents and available to community seniors (age 55 and better) for a small monthly fee, Wellness Center participants have nothing but rave reviews for the exercise classes, personal trainers and experienced attentive staff. They say the staff has a magical ability to make exercise fun and special!

Studies indicate that older adults who are active and socially engaged maintain their independence, improve physical and mental functioning, stay healthier and live happier more complete lives. Based upon these ideas, Franke Tobey Jones offers a multi-faceted Wellness Program that improves quality of life.



WELLNESS ~ FITNESS PROGRAM

SENIOR WELLNESS PROGRAM

Franke Tobey Jones is a leader in Senior Wellness in Pierce County with a comprehensive program developed by a nationally recognized wellness consultant. We offer a holistic, preventative Senior Wellness Program that improves quality of life and maintains independence as long as possible. Wellness is the cornerstone of health and encompasses a holistic approach. Exercise helps maintain mental and physical health, and enhances the quality of life while prolonging independence. Participating in exercise programs results in improved self-esteem, self-confidence and intellectual performance. Socialization encourages a more positive emotional well-being and participants enjoy a strong sense of pride.

FOUR MAIN TYPES OF TRAINING

1. Strength training for increased independence and confidence
2. Flexibility training for increased mobility and greater range of motion
3. Cardiovascular training for healthy heart and lungs
4. Balance training for increased stability and decreased risk of falls and injury

A large indoor walking track runs along the inside perimeter of the building allowing participants to stay active regardless of the weather outside. An open, spacious classroom gives participants ample room to take part in the classes taught by our energetic and knowledgeable certified instructors. Participants appreciate the lockers, showers and handicapped accessible restrooms.



WELLNESS CENTER EQUIPMENT

- ⇒ Precor SMART Touch Programmable Low Impact Treadmill (2)
- ⇒ Precor Total Body Elliptical Cross Trainer (2)
- ⇒ Precor Adaptive Motion Trainer
- ⇒ NuStep Seated Stepper (2)
- ⇒ Precor Recumbent Bike
- ⇒ Hydrow Rowing Machine with built-in trainer
- ⇒ Inspire Fitness Seated Cardio Strider
- ⇒ Inspire Fitness Multi-functional Cable Machine
- ⇒ Cybex Dual Axis Chest Press
- ⇒ Cybex Overhead Press
- ⇒ Cybex Row/Rear Delt
- ⇒ Cybex Variable Resistance Lat Pull Down
- ⇒ Hoist Leg Press
- ⇒ Cybex Adjustable Flat to 80 Degree Bench
- ⇒ TRX Suspension Trainer
- ⇒ Wide Variety of Free Weight, Resistance and Balance equipment
- ⇒ Ping Pong Table

OTHER SPECIALITIES

- After transitional therapy from an injury or surgery, our wellness/fitness team works with members to improve strength and balance as they return to their optimal levels of function
- Yoga, Tai Chi, dance, meditation and alternative therapies
- Periodic speakers and a resource office designed to educate on a variety of different health and wellness issues

COMMUNITY WELCOME

The Wellness Program is available to community members (age 55 and better) on a space-available basis for a nominal monthly fee. In addition to the use of the MJ Wicks Family Wellness Center, community seniors can also join fitness classes held at the Pt. Defiance~Ruston Senior Center about one mile from the FTJ campus.

Thank You to Our Generous
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