

# Class Descriptions

Class name	What to expect
Seniorcise Gold I & II 45 min	Active cardio, strength, and balance exercises including mat exercises.
Strength n' Flex I & II 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.
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.
Meditation 30 min	Meditation can relieve stress, anxiety and help to manage pain. It can improve focus, memory, sleep, mood and even digestion! The guided sessions are done by sitting comfortably in a chair with no movement required.
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 December 2024

### Schedule Changes and Updates for December

- No Sit Fit n Fun in TJ on Friday, December 6th
- No Sit Fit n Fun in LP on Thursday, December 12th
- No Sit Fit n Fun in LP on Tuesday, December 24th
- No Yoga on Tuesday, December 24th
- No Classes on Wednesday, December 25th
- No Sit Fit n Fun in LP on Tuesday, December 31st
- No Tai Chi December 24th thru January 2nd. Class will resume on Tuesday, January 7th

### Balance Lab

Based on the success of the Balance Lab during Wellness Week, we have decided to make it an ongoing monthly class. We will teach you 3 basic balance movements complete with modifications for all levels. You will receive a take home sheet with all of the exercises so you can practice on your own. Space is limited so please sign up quickly.

### Metolius Wellness Presentation

**Tuesday, December 10th 2pm in the Wellness Center**

Metolius is a 100% organic CBD company based in Bend, OR. All of the products are non-psychoactive and are 50 state legal. The products are formulated to relieve pain, anxiety, inflammation and depression, as well as improve sleep quality without the morning grogginess that often accompanies more conventional sleeping aids. Metolius also has a program in place called Exit PACT (Pharmaceuticals, Alcohol, Caffeine, Tobacco), where they reduce or replace unhealthy substances with healthier, non-psychoactive hemp-based alternatives.

### 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:  
-\$40/single  
-\$60/couple

Wellness calendar  
also available online:  
[www.franketobeyjones.com](http://www.franketobeyjones.com)



# December 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II 1:00 Line Dancing	<b>3</b> 9:00 Tai Chi & Qi Gong 10:00 Strong n Stable 11:00 Gentle Flow Yoga 2:30 Sit Fit n Fun - LP	<b>4</b> 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	<b>5</b> 9:00 Tai Chi & Qi Gong 10:00 Strong n Stable 11:00 Gentle Flow Yoga 2:30 Sit Fit n Fun - LP	<b>6</b> 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II 12:00 Meditation 2:00 Balance Lab No Sit Fit n Fun
<b>9</b> 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II 1:00 Line Dancing	<b>10</b> 9:00 Tai Chi & Qi Gong 10:00 Strong n Stable 11:00 Gentle Flow Yoga 2:30 Sit Fit n Fun - LP	<b>11</b> 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	<b>12</b> 9:00 Tai Chi & Qi Gong 10:00 Strong n Stable 11:00 Gentle Flow Yoga No Sit Fit n Fun	<b>13</b> 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II 12:00 Meditation 2:30 Sit Fit n Fun - TJ
<b>16</b> 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II 1:00 Line Dancing	<b>17</b> 9:00 Tai Chi & Qi Gong 10:00 Strong n Stable 11:00 Gentle Flow Yoga 2:30 Sit Fit n Fun - LP	<b>18</b> 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	<b>19</b> 9:00 Tai Chi & Qi Gong 10:00 Strong n Stable 11:00 Gentle Flow Yoga 2:30 Sit Fit n Fun - LP	<b>20</b> 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II 12:00 Meditation 2:30 Sit Fit n Fun - TJ
<b>23</b> 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II 1:00 Line Dancing	<b>24</b> No Tai Chi 10:00 Strong n Stable No Yoga No Sit Fit n Fun	<b>25</b>  No Classes	<b>26</b> No Tai Chi 10:00 Strong n Stable 11:00 Gentle Flow Yoga 2:30 Sit Fit n Fun - LP	<b>27</b> 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II 12:00 Meditation 2:30 Sit Fit n Fun - TJ
<b>30</b> 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II 1:00 Line Dancing	<b>31</b> No Tai Chi 10:00 Strong n Stable 11:00 Gentle Flow Yoga No Sit Fit n Fun		<b>29</b> <u>Legend</u> LP - Lillian Pratt Parlor TJ - Tobey Jones Solarium	



FRANKE TOBEY JONES

100<sup>TH</sup>  
 Anniversary  
 2024

If you are interested in classes, please set up a time with Wellness Staff for an assessment at 253-756-6279.