

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.
Gentle Flow Yoga 60 min	Slow steady paced postures and conscious movement with breath including some mat exercises.
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 November 2024

Schedule Changes and Updates for November

- No classes on Friday, November 1st due to the Holiday Market.
- No classes on Thursday, November 28th and Friday, November 29th due to the Thanksgiving holiday.
- No Strong n Stable on Thursday, November 21st. Instead we will hold the class the day before on Wednesday, November 20th at 12:00 pm.
- No Sit Fit n Fun on Thursday, November 21st.

New: Commit Dance Fitness Class

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. For questions or to sign up, please contact Wellness at 253-756-3241 or at sdoerner@franketobeyjones.com.

Wellness Center

hours:

Mon - Fri:
6am-7pm

Wellness Program

Supervisor:

Colin Deck
253-756-6279

Holistic Wellness

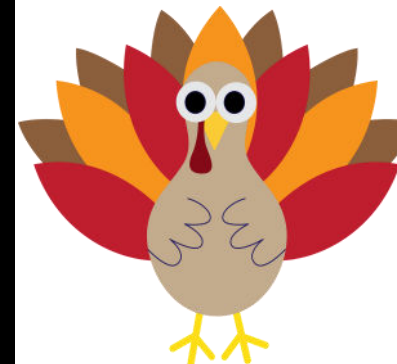
Coordinator:

Sarah Doerner
253-756-3241



Wellness info:

Community member
monthly price:
-\$40/single
-\$60/couple

Wellness calendar
also available online:
www.franketobeyjones.com



November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Legend</u></p> <p>LP - Lillian Pratt Parlor TJ - Tobey Jones Solarium</p>				<p>1</p> <p>Holiday Market</p> <p>No Classes</p>
<p>4</p> <p>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</p>	<p>5</p> <p>9:00 Tai Chi & Qi Gong 10:00 Strong n Stable 11:00 Gentle Flow Yoga 2:30 Sit Fit n Fun - LP</p>	<p>6</p> <p>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</p>	<p>7</p> <p>9:00 Tai Chi & Qi Gong 10:00 Strong n Stable 11:00 Gentle Flow Yoga 2:30 Sit Fit n Fun - LP</p>	<p>8</p> <p>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 Commit Dance Fitness 2:30 Sit Fit n Fun - TJ</p>
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<p>18</p> <p>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</p>	<p>19</p> <p>9:00 Tai Chi & Qi Gong 10:00 Strong n Stable 2:30 Sit Fit n Fun - LP</p>	<p>20</p> <p>8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strength n Flex I 11:00 Strength n Flex II <u>12:00 Strong n Stable</u> 2:30 Sit Fit n Fun - TJ</p>	<p>21</p> <p>9:00 Tai Chi & Qi Gong <u>No Strong n Stable</u> <u>No Sit Fit n Fun</u></p>	<p>22</p> <p>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 Commit Dance Fitness 2:30 Sit Fit n Fun - TJ</p>
<p>25</p> <p>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</p>	<p>26</p> <p>9:00 Tai Chi & Qi Gong 10:00 Strong n Stable 2:30 Sit Fit n Fun - LP</p>	<p>27</p> <p>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</p>	<p>28</p> <p style="text-align: center;">  </p> <p>No classes</p>	<p>29</p> <p>No classes</p>



FRANKE TOBEY JONES

100TH
Anniversary
2024

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