

Class Descriptions

Class name	What to expect
Seniorcise Silver 45 min	Low impact cardio with strength and mat exercises. Balance and stretching also incorporated with various equipment.
Seniorcise Gold 45 min	Active cardio, strength, and balance exercises with strengthening and stretching on the mat.
Strength n' Flex 45 min	Gentle cardio warm-up is followed by seated or standing strength and balance exercises.
Strong n' Stable 45 min	Seated or standing cardio warm-up is followed by basic strength and balance exercises. Participants in this class have the option to stay seated the entire class.
Yoga 1 hour	Using mats and small equipment, yoga aims to improve balance and flexibility while performing basic Hatha yoga poses.
Tai Chi: Beginning: Level I In-Depth: Level II On-Going: Level III 1 hour	Tai Chi involves exercises designed to improve quality of life for people with arthritis by including agile steps and exercises that may improve mobility, breathing, and relaxation. These movements do not require deep bending or squatting.
Sit, Fit n' Fun 30 min	Seated range of motion, coordination, and stretching exercises make this 30 minute class a good fit for those looking for a gentle exercise option.
Ballroom 1 hour	An hour of beginning to advanced ballroom dance lessons aiming to improve coordination, memory, and balance. Beginners welcome - bring your dancing shoes!
Cardio & Core 45 min	A variety of fun activities designed to keep the heart rate elevated along with strength training specifically designed to improve core strength.



FRANKE TOBEY JONES

M.J. WICKS WELLNESS CENTER

Enjoy your age

Well, Well, Well January '19

Wellness Center

hours:

Mon - Fri:
6am-6pm

Wellness Program

Coordinator:

Colin Deck
253-756-6279

Wellness info:

Community member
monthly price:
-\$30/single
-\$50/couple

Wellness calendar
also available online:
www.franketobeyjones.com



Introduction to Thai Dance Returning this February!

We are proud to announce the return of our Introduction to Thai Dance Class. Beginning February 6th, the 8 week class will explore the history, benefits, and culture of Thai Dance. While immersed in a new cultural experience, we will work to improve mind-body wellbeing, strength, flexibility, coordination, and balance. If you are interested, please see Sarah Doerner in the Wellness Center for more information. Taking up to 12 participants.

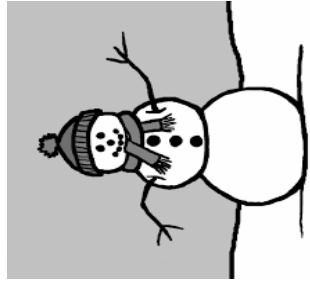
Closures Due to Weather

In the event of snow, the Wellness Center will follow Tacoma School District's closure announcements. If school is cancelled or delayed, there will be no Wellness classes that day. The district's website can be checked for updated closure announcements: www.tacomaschools.org. You may also call **253-571-1000** beginning at 6 am for school closure information.

Changes to Monthly Fee

Beginning February 1st the monthly membership fees for Community Members will be changing. The new rate will be \$40 for individuals and \$60 for couples. In addition, there will now be a fee for personal training. The cost will be \$25 per session or a package of 10 sessions may be purchased for \$100 (\$10/session). We have not had a rate increase in several years, yet the service offerings have expanded and the increase is a reflection of this. We will do our best to continue to provide the highest level of programming. Please let us know if you have any questions or concerns.

January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
 1	 No Classes	2 7:30 Seniorise Silver 8:30 Seniorise Gold 9:30 Strength n' Flex 10:30 Strong n' Stable 11:30 Yoga	3 7:30 Cardio & Core 9:00 Strength n' Flex 10:00 On-going Tai Chi 11:00 In-Depth Tai Chi 1:30 Balloon Volleyball-LP 1:30 Ballroom Dancing	4 7:30 Seniorise Silver 8:30 Seniorise Gold 9:30 Strength n' Flex 10:30 Strong n' Stable 11:30 Yoga
7 7:30 Seniorise Silver 8:30 Seniorise Gold 9:30 Strength n' Flex 10:30 Strong n' Stable 11:30 Yoga 1:30 Sit Fit n' Fun-LP	8 7:30 Cardio & Core 9:00 Strength n' Flex 10:00 On-going Tai Chi 11:00 Beginner Tai Chi 12:30 In-Depth Tai Chi 1:30 Sit, Fit n' Fun-LP	9 7:30 Seniorise Silver 8:30 Seniorise Gold 9:30 Strength n' Flex 10:30 Strong n' Stable 11:30 Yoga	10 7:30 Cardio & Core 9:00 Strength n' Flex 10:00 On-going Tai Chi 11:00 In-Depth Tai Chi 1:30 Balloon Volleyball-LP 1:30 Ballroom Dancing	11 7:30 Seniorise Silver 8:30 Seniorise Gold 9:30 Strength n' Flex 10:30 Strong n' Stable 11:30 Yoga
14 7:30 Seniorise Silver 8:30 Seniorise Gold 9:30 Strength n' Flex 10:30 Strong n' Stable 11:30 Yoga 1:30 Sit Fit n' Fun-LP	15 7:30 Cardio & Core 9:00 Strength n' Flex 10:00 On-going Tai Chi 11:00 Beginner Tai Chi 12:30 In-Depth Tai Chi 1:30 Sit, Fit n' Fun-LP	16 7:30 Seniorise Silver 8:30 Seniorise Gold 9:30 Strength n' Flex 10:30 Strong n' Stable 11:30 Yoga	17 7:30 Cardio & Core 9:00 Strength n' Flex 10:00 On-going Tai Chi 11:00 In-Depth Tai Chi 1:30 Balloon Volleyball-LP 1:30 Ballroom Dancing	18 7:30 Seniorise Silver 8:30 Seniorise Gold 9:30 Strength n' Flex 10:30 Strong n' Stable 11:30 Yoga
21 7:30 Seniorise Silver 8:30 Seniorise Gold 9:30 Strength n' Flex 10:30 Strong n' Stable 11:30 Yoga 1:30 Sit Fit n' Fun-LP	22 7:30 Cardio & Core 9:00 Strength n' Flex 10:00 On-going Tai Chi 11:00 Beginner Tai Chi 12:30 In-Depth Tai Chi 1:30 Sit, Fit n' Fun-LP	23 7:30 Seniorise Silver 8:30 Seniorise Gold 9:30 Strength n' Flex 10:30 Strong n' Stable 11:30 Yoga	24 7:30 Cardio & Core 9:00 Strength n' Flex 10:00 On-going Tai Chi 11:00 In-Depth Tai Chi 1:30 Balloon Volleyball-LP 1:30 Ballroom Dancing	25 7:30 Seniorise Silver 8:30 Seniorise Gold 9:30 Strength n' Flex 10:30 Strong n' Stable 11:30 Yoga
28 7:30 Seniorise Silver 8:30 Seniorise Gold 9:30 Strength n' Flex 10:30 Strong n' Stable 11:30 Yoga 1:30 Sit Fit n' Fun-LP	29 7:30 Cardio & Core 9:00 Strength n' Flex 10:00 On-going Tai Chi 11:00 Beginner Tai Chi 12:30 In-Depth Tai Chi 1:30 Sit, Fit n' Fun-LP	30 7:30 Seniorise Silver 8:30 Seniorise Gold 9:30 Strength n' Flex 10:30 Strong n' Stable 11:30 Yoga	31 7:30 Cardio & Core 9:00 Strength n' Flex 10:00 On-going Tai Chi 11:00 In-Depth Tai Chi 1:30 Balloon Volleyball-LP 1:30 Ballroom Dancing	

Classes taught at the Ruston Senior Center

Strong n' Stable	Monday thru Saturday 10am
Yoga	Wednesday 9am Friday 2pm
Tai Chi	Wednesday 9am

Wellness instructors strive to make all of our classes welcoming and fun. Please do not hesitate to join a class or come talk to us about the right class or program for you!



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