

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 February '19

Wellness Center

hours:

Mon - Fri:
6am-6pm

Wellness Program

Coordinator:

Colin Deck
253-756-6279

Wellness info:

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

Wellness calendar
also available online:
www.franketobeyjones.com



Thai Dance Class Reminder

Just a reminder, for those of you who signed up, Thai Dance class begins **February 6th at 1:30 pm** in the Wellness Center. If you have any questions please see Sarah.

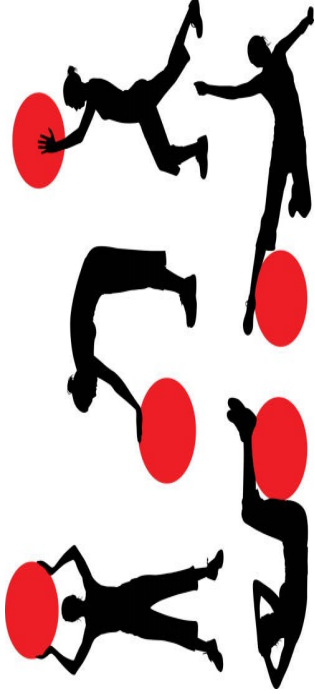


Schedule Changes and Updates for February

- **Seated Strength** in Our Place will now be on **Mondays** and **Wednesdays** at **1:30 pm**
- **Seated Strength** in Health Care will now be on **Tuesdays** and **Wednesdays** at **10:30 am**
- **No classes** on **Monday, February 18th** due to the **President's Day** holiday.
- **No classes** in the **Wellness Center** on **Wednesday, February 20th**. **Thai Dance** will take place. All participants will meet in the Wellness Center at **1:30 pm**.

Cardiovascular training guidelines

According to American College of Sports Medicine (ACSM), in order to maintain and promote health it is recommended that older adults accumulate 30 minutes of moderate-intensity aerobic activity five days a week (or 150 min. per week) or 20 minutes of vigorous-intensity activity three days a week (or 75 min. per week). The activity does not necessarily have to be continuous. For example, you could break the 30 minutes of moderate intensity into three 10 minute bouts throughout the day if needed. If older adults cannot complete these recommended guidelines due to chronic conditions, they should be as physically active as their abilities and conditions allow them to be. If you would like more information about how to work more cardiovascular activity into your schedule please see one of our instructors.

February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Legend</p> <p>HC– Health Care LP-Lillian Pratt Parlor OP– Our Place</p>				<p>1 7:30 Seniorcise Silver 8:30 Seniorcise Gold 9:30 Strength n' Flex 10:30 Strong n' Stable 11:30 Yoga</p>
<p>4 7:30 Seniorcise Silver 8:30 Seniorcise Gold 9:30 Strength n' Flex 10:30 Strong n' Stable 11:30 Yoga 1:30 Sit Fit n' Fun-LP 1:30 Seated Strength-OP</p>	<p>5 7:30 Cardio & Core 9:00 Strength n' Flex 10:00 On-going Tai Chi 10:30 Seated Strength-HC 11:00 Beginner Tai Chi 12:30 In-Depth Tai Chi 1:30 Sit, Fit n' Fun-LP</p>	<p>6 7:30 Seniorcise Silver 8:30 Seniorcise Gold 9:30 Strength n' Flex 10:30 Strong n' Stable 10:30 Seated Strength-HC 11:30 Yoga 1:30 Intro to Thai Dance 1:30 Seated Strength-OP</p>	<p>7 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</p>	<p>8 7:30 Seniorcise Silver 8:30 Seniorcise Gold 9:30 Strength n' Flex 10:30 Strong n' Stable 11:30 Yoga</p>
<p>11 7:30 Seniorcise Silver 8:30 Seniorcise Gold 9:30 Strength n' Flex 10:30 Strong n' Stable 11:30 Yoga 1:30 Sit Fit n' Fun-LP 1:30 Seated Strength-OP</p>	<p>12 7:30 Cardio & Core 9:00 Strength n' Flex 10:00 On-going Tai Chi 10:30 Seated Strength-HC 11:00 Beginner Tai Chi 12:30 In-Depth Tai Chi 1:30 Sit, Fit n' Fun-LP</p>	<p>13 7:30 Seniorcise Silver 8:30 Seniorcise Gold 9:30 Strength n' Flex 10:30 Strong n' Stable 10:30 Seated Strength-HC 11:30 Yoga 1:30 Intro to Thai Dance 1:30 Seated Strength-OP</p>	<p>14 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 </p>	<p>15 7:30 Seniorcise Silver 8:30 Seniorcise Gold 9:30 Strength n' Flex 10:30 Strong n' Stable 11:30 Yoga</p>
<p>18  No Classes</p>	<p>19 7:30 Cardio & Core 9:00 Strength n' Flex 10:00 On-going Tai Chi 10:30 Seated Strength-HC 11:00 Beginner Tai Chi 12:30 In-Depth Tai Chi 1:30 Sit, Fit n' Fun-LP</p>	<p>20 Five Community Tour No Classes in the Wellness Center 10:30 Seated Strength-HC 1:30 Intro to Thai Dance (location TBD) 1:30 Seated Strength-OP</p>	<p>21 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</p>	<p>22 7:30 Seniorcise Silver 8:30 Seniorcise Gold 9:30 Strength n' Flex 10:30 Strong n' Stable 11:30 Yoga</p>
<p>25 7:30 Seniorcise Silver 8:30 Seniorcise Gold 9:30 Strength n' Flex 10:30 Strong n' Stable 11:30 Yoga 1:30 Sit Fit n' Fun-LP 1:30 Seated Strength-OP</p>	<p>26 7:30 Cardio & Core 9:00 Strength n' Flex 10:00 On-going Tai Chi 10:30 Seated Strength-HC 11:00 Beginner Tai Chi 12:30 In-Depth Tai Chi 1:30 Sit, Fit n' Fun-LP</p>	<p>27 7:30 Seniorcise Silver 8:30 Seniorcise Gold 9:30 Strength n' Flex 10:30 Strong n' Stable 10:30 Seated Strength-HC 11:30 Yoga 1:30 Intro to Thai Dance 1:30 Seated Strength-OP</p>	<p>28 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</p>	

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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