

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 June '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

Easy Tips for Fall Prevention

According to the Center for Disease Control and Prevention (CDC), every second of every day in the United States an older adult falls, making falls the number one cause of injuries and deaths from injury among older Americans. Here are a few easy steps you can take to prevent falls that have been provided by the CDC:

- Exercise regularly to improve strength, balance and coordination.
- Have your doctor check all of the medicines you take as some can make you sleepy or dizzy.
- Have your vision checked once a year by an optometrist as poor vision can increase the risk of falls.
- Get up slowly after you sit or lie down.
- Wear sturdy shoes with thin, non-slip soles.
- Improve the lighting in your home by using brighter bulbs. Compact fluorescent light bulbs are a good option that cost less to use.

Schedule Changes and Important Dates in June

- Owen Beach Walk dates are June 14th, 21st and 28th. Please sign up in the Wellness Center.
- No Balloon Volleyball on Thursday, June 13th.
- No Yoga on Friday, June 14th.
- No Sit Fit n' Fun on Tuesday, June 25th.



June 2019

Monday	Tuesday	Wednesday	Thursday	Friday
3 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	4 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	5 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 Seated Strength-OP	6 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	7 Seniorcise Silver 8:30 Seniorcise Gold 9:30 Strength n' Flex 10:30 Strong n' Stable 11:30 Yoga
10 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	11 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	12 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 Seated Strength-OP	13 7:30 Cardio & Core 9:00 Strength n' Flex 10:00 On-going Tai Chi 11:00 In-Depth Tai Chi 1:30 No Balloon Volleyball 1:30 Ballroom Dancing	14 7:30 Seniorcise Silver 8:30 Seniorcise Gold 9:30 Strength n' Flex 10:30 Strong n' Stable 11:30 No Yoga 1:30 Owen Beach Walk (meet in LP lobby)
17 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	18 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	19 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 Seated Strength-OP	20 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	21 7:30 Seniorcise Silver 8:30 Seniorcise Gold 9:30 Strength n' Flex 10:30 Strong n' Stable 11:30 Yoga 1:30 Owen Beach Walk (meet in LP lobby)
24 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	25 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 No Sit, Fit n' Fun	26 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 Seated Strength-OP	27 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	28 7:30 Seniorcise Silver 8:30 Seniorcise Gold 9:30 Strength n' Flex 10:30 Strong n' Stable 11:30 Yoga 1:30 Owen Beach Walk (meet in LP lobby)

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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