

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 July '19

Wellness Center

hours:

Mon - Fri:
6am-7pm

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

Temporary Wellness Center Access and Hour Changes

The Bistro will be closed **the first two weeks of July** for remodeling. During this time you will not be able to access the Wellness Center through the Bistro. You will be able to enter through the doors leading directly into the Wellness Center. Signs will be posted to show you where to enter. The hours of operation on **weekdays** will be **6:30 am to 7:00 pm**. The hours of operation on the **weekends and the 4th of July** will be **8:30 am to 5:00 pm**. If you have any questions please contact the Wellness Staff.

Summer Luau Party



On **Friday, July 26th** from **11:00 am to 1:00 pm** in the Wellness Center we will take a break from classes and enjoy a summer potluck. This is a great chance to relax and enjoy fun, games and food with your fellow Wellness Members. If you are interested in bringing a tropical themed dish please sign up in the Wellness Center. Don't forget to wear your tropical gear as well. For more information please see one of our instructors.

Sit Fit n' Fun in TJ

Sit Fit n' Fun is coming to the Tobey Jones' Solarium on **Wednesdays** in July at **1:30 pm**. The 30 minute class is entirely seated and includes strength, cardiovascular, coordination, range of motion and stretching exercises. Some equipment may be used for the class including light hand weights, bands and balls. If you have any questions, please contact the Wellness Center.



July 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 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	2 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	3 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 Sit Fit n' Fun-TJ	4  No Classes	5 7:30 Seniorcise Silver 8:30 Seniorcise Gold 9:30 Strength n' Flex 10:30 Strong n' Stable 11:30 Yoga
8 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	9 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	10 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 Sit Fit n' Fun-TJ	11 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	12 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)
15 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	16 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	17 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 Sit Fit n' Fun-TJ	18 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	19 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)
22 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	23 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	24 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 Sit Fit n' Fun-TJ	25 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	26  LUAU PARTY No Classes
28 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	29 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	30 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 Sit Fit n' Fun-TJ	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	Legend HC- Health Care LP-Lillian Pratt Parlor TJ-Tobey Jones Solarium OP- Our Place

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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