

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 Seated Beginning Standing Advanced 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 strength, 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 November '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

Schedule Changes and Updates for November

- **No class on Friday, November 1st** due to the Holiday Market.
- **No class on Thursday, November 28th or Friday, November 29th** due to the Thanksgiving holiday.

Holiday Market



On **Friday, November 1st** there is no class, however it is a great opportunity to find some unique and special gifts for your family and friends this holiday season. This year we have several new vendors offering different and exciting items along with some of your favorite items from years past. Come check out the Market and jump start your holiday fun! Some of the items that will be available: walker totes, bibs, aprons, purses, beach art driftwood, shell art, handmade wood working items, cards and paper craft goods, jewelry, fused glass, night lights, ornaments, paintings, clothing, scarves, toys, chocolates, nuts, teas, and baked goods . The Market is from **10:00 am to 3:00 pm** in the Wellness Center.

Yoga is back!

We are pleased to announce that Yoga is back. Class is every Monday, Wednesday and Friday at 11:30 am.



November 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Legend</p> <p>HC– Health Care LP-Lillian Pratt Parlor TJ-Tobey Jones Solarium OP– Our Place</p>				<p>1</p> <p>No Classes</p> <p>Holiday Market in the Wellness Center</p>
<p>4</p> <p>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</p> <p>7:30 Cardio & Core 9:00 Strength n' Flex 10:00 Seated Beginner Tai Chi 10:30 Seated Strength-HC 11:00 Standing Beginner Tai Chi 12:15 Advanced Tai Chi 1:30 Sit, Fit n' Fun-LP</p>	<p>6</p> <p>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</p>	<p>7</p> <p>7:30 Cardio & Core 9:00 Strength n' Flex 10:00 Tai Chi Practice 1:30 Balloon Volleyball-LP 1:30 Ballroom Dancing</p>	<p>8</p> <p>7:30 Seniorcise Silver 8:30 Seniorcise Gold 9:30 Strength n' Flex 10:30 Strong n' Stable 11:30 Yoga</p>
<p>11</p> <p>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</p> <p>7:30 Cardio & Core 9:00 Strength n' Flex 10:00 Seated Beginner Tai Chi 10:30 Seated Strength-HC 11:00 Standing Beginner Tai Chi 12:15 Advanced Tai Chi 1:30 Sit, Fit n' Fun-LP</p>	<p>13</p> <p>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</p>	<p>14</p> <p>7:30 Cardio & Core 9:00 Strength n' Flex 10:00 Tai Chi Practice 1:30 Balloon Volleyball-LP 1:30 Ballroom Dancing</p>	<p>15</p> <p>7:30 Seniorcise Silver 8:30 Seniorcise Gold 9:30 Strength n' Flex 10:30 Strong n' Stable 11:30 Yoga</p>
<p>18</p> <p>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>19</p> <p>7:30 Cardio & Core 9:00 Strength n' Flex 10:00 Seated Beginner Tai Chi 10:30 Seated Strength-HC 11:00 Standing Beginner Tai Chi 12:15 Advanced Tai Chi 1:30 Sit, Fit n' Fun-LP</p>	<p>20</p> <p>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</p>	<p>21</p> <p>7:30 Cardio & Core 9:00 Strength n' Flex 10:00 Tai Chi Practice 1:30 Balloon Volleyball-LP 1:30 Ballroom Dancing</p>	<p>22</p> <p>7:30 Seniorcise Silver 8:30 Seniorcise Gold 9:30 Strength n' Flex 10:30 Strong n' Stable 11:30 Yoga</p>
<p>25</p> <p>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</p> <p>7:30 Cardio & Core 9:00 Strength n' Flex 10:00 Seated Beginner Tai Chi 10:30 Seated Strength-HC 11:00 Standing Beginner Tai Chi 12:15 Advanced Tai Chi 1:30 Sit, Fit n' Fun-LP</p>	<p>27</p> <p>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</p>	<p>28</p> <p style="text-align: center;">  </p> <p style="text-align: center;">No Classes</p>	<p>29</p> <p>No Classes</p>

Classes taught at the Ruston Senior Center

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

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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