

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 December '19

New Equipment in the Wellness Center

We are excited to announce that very soon the Wellness Center will be acquiring some new equipment. This will include an adaptive motion trainer, a rowing machine with a built-in trainer, a cardio strider and a multifunctional cable strength machine. Due to space limitations, some of the newer pieces will be replacing machines that we currently have. The goal behind the upgrade is to provide safe and functional exercise opportunities, make better use of the space we have and add variety for our members. Fitness staff will be available to train you on the new equipment when the time comes. Please stay tuned for dates on the arrival of the new equipment. If you have any questions, please see the Wellness Team.

Member Appreciation Holiday Party

On Friday, December 13th from 11:00 am to 1:00 pm we are celebrating our Member Appreciation Holiday Party. This is our chance to say thank you to our members for all of their hard work over the past year. A light brunch will be provided and we will be raffling off some prizes throughout the event. There are no classes this day.

Schedule Changes and Updates for December

- **No class on Friday, December 13th** due to the holiday party.
- **No Sit Fit n' Fun in LP on Tuesday, December 10th and 24th.**
- **No Sit Fit n' Fun in TJ on Wednesday, December 11th** due to the staff party.
- **No Balloon Volleyball on Thursday, December 12th.**
- **No Tai Chi Classes on Christmas Eve or New Year's Eve.**
- **No class on Christmas Day or New Year's Day.**

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



December 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 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-MC</p>	<p>3 7:30 Cardio & Core 9:00 Strength n' Flex 10:00 Seated Beginner Tai Chi-DR 11:00 Standing Beginner Tai Chi 12:15 Advanced Tai Chi 1:30 Sit, Fit n' Fun-LP</p>	<p>4 7:30 Seniorcise Silver 8:30 Seniorcise Gold 9:30 Strength n' Flex 10:30 Strong n' Stable 10:30 Seated Strength-GC 11:30 Yoga 1:30 Sit Fit n' Fun-TJ</p>	<p>5 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>6 7:30 Seniorcise Silver 8:30 Seniorcise Gold 9:30 Strength n' Flex 10:30 Strong n' Stable 11:30 Yoga</p>
<p>9 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-MC</p>	<p>10 7:30 Cardio & Core 9:00 Strength n' Flex 10:00 Seated Beginner Tai Chi-DR 11:00 Standing Beginner Tai Chi 12:15 Advanced Tai Chi 1:30 No Sit, Fit n' Fun</p>	<p>11 7:30 Seniorcise Silver 8:30 Seniorcise Gold 9:30 Strength n' Flex 10:30 Strong n' Stable 10:30 Seated Strength-GC 11:30 Yoga 1:30 No Sit Fit n' Fun</p>	<p>12 7:30 Cardio & Core 9:00 Strength n' Flex 10:00 Tai Chi Practice 1:30 No Balloon Volleyball 1:30 Ballroom Dancing</p>	<p>13  Member Appreciation Holiday Party 11 am - 1 pm No Classes</p>
<p>16 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-MC</p>	<p>17 7:30 Cardio & Core 9:00 Strength n' Flex 10:00 Seated Beginner Tai Chi-DR 11:00 Standing Beginner Tai Chi 12:15 Advanced Tai Chi 1:30 Sit, Fit n' Fun-LP</p>	<p>18 7:30 Seniorcise Silver 8:30 Seniorcise Gold 9:30 Strength n' Flex 10:30 Strong n' Stable 10:30 Seated Strength-GC 11:30 Yoga 1:30 Sit Fit n' Fun-TJ</p>	<p>19 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>20 7:30 Seniorcise Silver 8:30 Seniorcise Gold 9:30 Strength n' Flex 10:30 Strong n' Stable 10:30 Seated Strength-GC 11:30 Yoga</p>
<p>23 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-MC</p>	<p>24 7:30 Cardio & Core 9:00 Strength n' Flex No Tai Chi Classes 1:30 No Sit, Fit n' Fun</p>	<p>25  No Classes</p>	<p>26 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>27 7:30 Seniorcise Silver 8:30 Seniorcise Gold 9:30 Strength n' Flex 10:30 Strong n' Stable 10:30 Seated Strength-GC 11:30 Yoga</p>
<p>30 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-MC</p>	<p>31 7:30 Cardio & Core 9:00 Strength n' Flex No Tai Chi Classes 1:30 Sit, Fit n' Fun-LP</p>	<p>1  No Classes</p>		<p>Legend LP - Lillian Pratt Parlor TJ - Tobey Jones Solarium MC - Memory Care DR - Day Room in Care Center GC - Gathering Corner in Care Center</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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