

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 January '20

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

New Machine Orientations

If you are interested in using any of the new machines in the Wellness Center, please sign up for a time for staff to demonstrate proper use. The new machines include a rower with built-in trainer, a cardio strider, an adaptive motion trainer and a multi-functional cable strength machine. The sign up sheet is located in the Wellness Center.

Closures Due to Weather

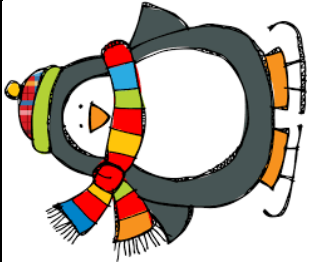

In the event of snow, the Wellness Center will follow Tacoma School District's closure announcements. If school is cancelled or delayed, there will be no Wellness classes that day. The district's website can be checked for updated closure announcements: www.tacomaschools.org. You may also call **253-571-1000** beginning at 6 am for school closure information.

Schedule Changes and Updates for January

- **No classes on New Year's Day**
- **No Wellness Center classes on Wednesday, January 15th**
- **No Seated Strength in the Care Center on Friday, January 24th**



January 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Monday</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>		<p>1</p>  <p>No Classes</p>	<p>2</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>3</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>6</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-MC</p>	<p>7</p> <p>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>8</p> <p>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>9</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>10</p> <p>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>13</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-MC</p>	<p>14</p> <p>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>15</p> <p>No classes in the Wellness Center</p> <p>10:30 Seated Strength-GC 1:30 Sit Fit n' Fun-TJ</p>	<p>16</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>17</p> <p>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>20</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-MC</p>	<p>21</p> <p>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>22</p> <p>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>23</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>24</p> <p>7:30 Seniorcise Silver 8:30 Seniorcise Gold 9:30 Strength n' Flex 10:30 Strong n' Stable 10:30 No Seated Strength 11:30 Yoga</p>
<p>27</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-MC</p>	<p>28</p> <p>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>29</p> <p>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>30</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>31</p> <p>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>

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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