

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 February'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

STEADI Fall Risk Screenings in March

STEADI stands for Stopping Elderly Accidents, Deaths & Injuries. The program was developed in collaboration with the Center for Disease Control and Prevention and the American Pharmacists Association to help prevent falls and maintain healthy, active living in older adults. Next month you will have the opportunity to participate in a free STEADI fall screening exam here at FTJ. On **Wednesday, March 4th from 1:00 to 2:30 pm** in the Wellness Center, students from the University of Puget Sound Doctor of Physical Therapy Program will be conducting the exams. The screening will include a fall risk questionnaire, several interactive tests to determine individual fall risk and information about how to reduce risk of falls. Even if you have participated in this screening before, it is a good idea to get re-checked to see if anything has changed. Please sign up in the Wellness Center.

Training on New Machines



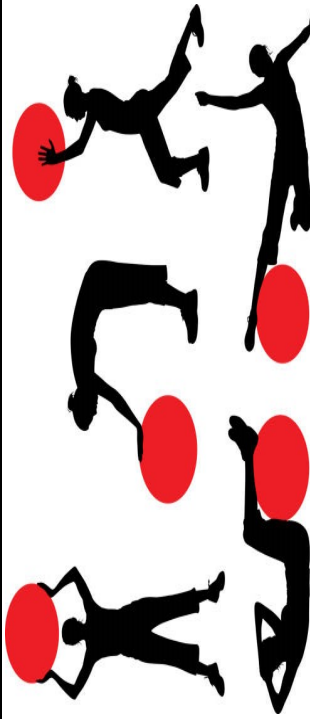
If you missed our machine orientations for the new equipment in January, you can still get trained. Just stop by the Wellness Center and schedule a time with one of our instructors.

Schedule Changes and Updates for February

- **No Tai Chi on Tuesday, February 11th**
- **No classes on President's Day (Monday, February 17th)**



February 2020

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-MC	4 7:30 Cardio & Core 9:00 Strength n' Flex 10:00 Seated Beginner Tai Chi-MC 11:00 Standing Beginner Tai Chi 12:15 Advanced 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-GC 11:30 Yoga 1:30 Sit Fit n' Fun-TJ	6 7:30 Cardio & Core 9:00 Strength n' Flex 10:00 Tai Chi Practice 1:30 Balloon Volleyball-LP 1:30 Ballroom Dancing	7 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
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-MC	11 7:30 Cardio & Core 9:00 Strength n' Flex No Tai Chi Classes 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-GC 11:30 Yoga 1:30 Sit Fit n' Fun-TJ	13 7:30 Cardio & Core 9:00 Strength n' Flex 10:00 Tai Chi Practice 1:30 Balloon Volleyball-LP 1:30 Ballroom Dancing	14 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 
17  No Classes	18 7:30 Cardio & Core 9:00 Strength n' Flex 10:00 Seated Beginner Tai Chi-MC 11:00 Standing Beginner Tai Chi 12:15 Advanced 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-GC 11:30 Yoga 1:30 Sit Fit n' Fun-TJ	20 7:30 Cardio & Core 9:00 Strength n' Flex 10:00 Tai Chi Practice 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 10:30 Seated Strength-GC 11:30 Yoga
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-MC	25 7:30 Cardio & Core 9:00 Strength n' Flex 10:00 Seated Beginner Tai Chi-MC 11:00 Standing Beginner Tai Chi 12:15 Advanced Tai Chi 1:30 Sit, Fit n' Fun-LP	26 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	27 7:30 Cardio & Core 9:00 Strength n' Flex 10:00 Tai Chi Practice 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 10:30 Seated Strength-GC 11:30 Yoga
				
			Legend LP - Lillian Pratt Parlor TJ - Tobey Jones Solarium MC - Memory Care GC - Gathering Corner in Care Center	

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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