

# 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 March '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](http://www.franketobeyjones.com)



## **STEADI Fall Risk Screenings in March**

On **Wednesday, March 4th from 1:00-2:30 pm** in the Wellness Center you will have the opportunity to participate in a free fall risk screening exam. The screenings will be conducted by students from the University of Puget Sound Doctor of Physical Therapy Program. 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. There are still some spots available, so if you are interested please contact the Wellness Center.


## **Time to Spring Forward**

Daylight savings time begins on **Sunday, March 8th**. Don't forget to set your clocks ahead one hour.

## **Schedule Changes and Updates for March**

- **Free fall risk screenings on Wednesday, March 4th from 1:00 to 2:30 pm** (please sign up in the Wellness Center).
- **No classes** in the Wellness Center on **Wednesday, March 11th** due to a marketing event.
- **No Balloon Volleyball** on **Thursday, March 12th**.
- **No Seated Strength** on **Friday, March 13th**.

# March 2020

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 &amp; 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</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 <b>1:00-2:30 Fall Risk Screenings</b></p>	<p>5 7:30 Cardio &amp; 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 10:30 Seated Strength-GC 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 &amp; 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</p>	<p>11 <b>No Classes in the Wellness Center</b> 10:30 Seated Strength-GC 1:30 Sit Fit n' Fun-TJ</p>	<p>12 7:30 Cardio &amp; Core 9:00 Strength n' Flex 10:00 Tai Chi Practice <b>1:30 No Balloon Volleyball</b> 1:30 Ballroom Dancing</p>	<p>13 7:30 Seniorcise Silver 8:30 Seniorcise Gold 9:30 Strength n' Flex 10:30 Strong n' Stable <b>10:30 No Seated Strength</b> 11:30 Yoga</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 &amp; 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</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 &amp; 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 &amp; 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</p>	<p>25 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>26 7:30 Cardio &amp; 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 &amp; 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</p>			<p><b>Legend</b> LP - Lillian Pratt Parlor TJ - Tobey Jones Solarium MC - Memory Care 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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