

## CLASS DESCRIPTIONS

**Developed Skills Required:** Average or better strength, balance, and cardiovascular endurance. Classes require fast paced movements, contain multiple directional/pattern changes and complex directions. Participants should expect 30-minute minimum endurance exercise in most classes. Some pool classes contain exercises without feet touching the pool floor.

**Basic Skills/Knowledge Required:** Lower than average strength, balance, and cardiovascular endurance. Classes contain a variety of movements and complex directions. Bursts of exercises and challenges are used to improve overall strength, balance, and endurance.

**Beginner Skills:** Lower than average strength, balance, and cardiovascular endurance. Classes feature simple, easy to follow range of motion and flexibility exercises. Light endurance exercises challenge balance and strength. Exercises are performed seated or a chair can be used for stability in land-based classes.

**Arthritis Stretch:** [Monday 1:00-1:45pm](#)

A perfect class for those individuals wanting to start an exercise program. The class consists of basic strength, flexibility and range of motion exercises for an over all workout [Basic Skills Required](#)

**Aqua Flow:** [Saturday 9:30-10:15am](#)

A low to moderate-intensity workout that will burn calories, build strength, improve core stability/balance, and increase flexibility. This total body cardio workout will warm you up and then cool you down with relaxing Ai Chi. [Basic Skills Required](#)

**Circuit Power:** [Wednesday 10:00-10:45](#)

This simple high energy/toning circuit class features a series of exercises focusing on cardiovascular and muscle strength. Participants will go station to station alternating between cardio and strength training varying 1-3 minutes. [Developed Skills Required](#)

**Loose and Limber-Seated:** [Friday 11:00-11:30am](#)

A gentle way to build muscle strength and stay flexible while being seated. We have combined our seated chair class and ball class to create a fun environment to sit and be fit. [Beginner Skills Required](#)

**PWR! Moves:** [Wednesdays 3:00-3:45 pm](#)

Exercises in this class will focus on everyday movements performed with large amplitude, high effort, and attention to action in multiple positions. Participants will learn how to use foundational PWR! Moves exercises to target Parkinson's symptoms that interfere with everyday movement. [Basic Skills Required](#)

**Stability and Balance:** [Tuesday & Thursday 11:15-11:45](#) & [Saturday 11:00-11:45am](#)

Improving balance enhances our overall fitness and ability to perform everyday activities. Join us as we build core strength to cultivate posture and stability, strengthen our lower body, and improve joint mobility. We will also perform exercises to build stamina. This multicomponent approach is based on the ABLE Bodies Balance Training Program (Adventures in Better Living through Exercise). [Basic Skills Required](#)

**Walking Club:** [Tuesday & Thursday 9:30-10:00am](#)

Walking has great benefits both cognitive and physical. Join your neighbors for a short stroll around the surrounding areas of Summit Place. This class is peer led and will consist of 30 minutes or one mile. [Developed Skills Required](#)

**Water Aerobics:** [Tuesday & Thursday 9:00-9:45am](#)

This fast paced class uses high(er) intensity interval training to improve overall strength and cardiovascular endurance. Move to music from the oldies and today's hits. [Developed Skills Required](#)

**Yoga with Meagan:** [Monday 10:00-10:45](#)

This guided yoga and meditation class will bring you through different poses of the seven traditional forms of yoga. This class is practiced seated or standing using a chair for support and will focus on yoga postures, breathing techniques, stretching, relaxation and meditation. [Basic Skills Required](#)

**Yoga Video With Shelly** [Friday: 10:00-10:45am](#)

This safe and gentle form of yoga is practiced sitting on a chair or using a chair for support. This class will focus on breathing techniques, stretching, yoga postures, meditation, and relaxation. No experience necessary. [Basic Skills required](#)

## JUNE 2022

### The Longest Day!

June 21st is the summer solstice— the day with the longest amount of light. On this day, people from across the globe will shed light on the darkness of Alzheimer's Disease and fund-raise through various activities.

This year, Summit Place will be hosting a few different events. A NuStep marathon will kick off the day at 8:00am on June 21st. We are looking for participants to sign-up for 15 minute time slots to ride the NuStep during the hours of 8:00am-4:00pm. This activity will be located outside of the Great Room on the sidewalk. Free-will donations will be accepted for this event. Registration will be available in the Health Club beginning June 1st.

At the noon hour, a silent auction will begin in the Great Room! We have several lovely art pieces and beautiful, hand crafted wood pieces donated by the ever-so-talented, Dale Anderson. We also have various gift baskets, wall art and much more so come on down and check it out! The silent auction will be open Tuesday, June 21st at 12:00pm through Thursday, June 23 at 12:00pm.

Next on the list: Ice cream social in the Independent Living Dining Room at 1:00pm! Come on down, enjoy a nice cold cone or dish of ice cream with your neighbors and donate to a great cause. Free will donations will be accepted for this event.

Last but not least, Bingo for a cause! Join us as we transform the performance room into a bingo hall! You are sure to have lots of fun playing bingo and winning prizes! Pay \$5 at the door and you'll get: 2 bingo cards, 10 games of bingo, complimentary snacks and beverages, and prizes for every winner!



### Arthritis Stretch

Arthritis Stretch will be moving to Mondays at 1:00pm. To learn more information about this class, see the article written in the club section of the Summit Up.

### Welcome Greta!

We are so excited to announce that we have found a great addition to the Summit Club Team! Greta Donnelly will be starting with us on Tuesday, June 14th. She will be working Tuesday-Saturday. Read a little bit more about Greta below and join us in welcoming her to the team!



My name is Greta Donnelly and I am the new Fitness Coordinator at Summit Place! I recently graduated from Iowa State University with a degree in Exercise Science. I am from Savage, Minnesota where I grew up with an older sister. I recently became an Aunt to a baby girl named Emmie.

In my free time, I enjoy working out, reading, being outdoors, and spending time with family and friends. I have been working in geriatric care since I was 14 and have loved it since the beginning.

I am very excited to start the next chapter of my career at Summit Place and getting to know all of you!

### Community Members Return to the Pool

Starting June 2nd, the lap pool will be closed to residents from 2:00-4:00pm on Thursdays and Fridays. During this time, outside club members will have access to the pool for an open swim. They will enter and exit through the pool door in the backyard and will not have access to the locker rooms.

If you wish to socialize with returning club members you are more than welcome to organize a meeting in the back yard. Unfortunately, at this time we must refrain from gathering on the pool deck and in communal areas throughout the building. Community members must remain separate from club members while indoors. We are very excited to welcome our members back and hopefully soon, we can all come together again.

### Dates to Remember

**Tuesday, June 21:** *The Longest Day Fundraiser*

**Monday, July 4th:** *The Fourth of July— Club Closed*

# THE SUMMIT CLUB

## JUNE 2022

### Summit Club Hours (unless otherwise noted)

**Monday**  
7:00am-3:00pm  
**Tuesday-Friday**  
7:00am-4:00pm  
**Saturday**  
8:00am-1:00pm  
**Sundays and Holidays**  
Closed

**The Club closes  
12:00pm-1:00pm,  
Monday-Friday**

### Room Key

**A/L**— AL Library  
**HC**—Health Club  
**HW**—HydroWorx  
**P**—Pool  
**PR**—Performance Room  
**PL**— Parking Lot  
**CR**—Card Room  
**CH**—Chapel  
**ILDR**— IL Dining Room  
**AR** — Activity Room

### Location and Contact Information

8505 Flying Cloud Drive  
Eden Prairie, MN 55344  
www.summitplacecampus.com  
952-995-1006

### Summit Club

952-995-1021  
**Laurie Sparks, Director of Wellness**  
952-995-1022  
**Andrea Perkins, Fitness Coordinator**  
952-995-1021  
**Greta Donnelly, Fitness Coordinator**  
952-995-1021  
**Park Nicollet Clinic (HydroWorx Physical Therapy)**  
952-993-7470

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 10:00-10:45 Circuit Power! (PR) 3:00-3:45 PWR (PR)	2 9:00-9:45 Water Aerobics (P) 9:30-10:00 Walking Club 11:15-11:45 Stability and Balance (PR)	3 10:00-10:45 Yoga video with Shelly (PR) 11:00-11:30 Loose and Limber—seated(PR)	4 9:30-10:15 Aqua Flow (P) 11:00-11:30 Stability and Balance (PR)
5 Closed	6 10:00-10:45 Yoga with Meagan (PR) 1:00-2:00 Resident Meeting (PR)  *No Arthritis Stretch*	7 9:00-9:45 Water Aerobics (P) 9:30-10:00 Walking Club 11:15-11:45 Stability and Balance (PR)	8 10:00-10:45 Circuit Power! (PR) 3:00-3:45 PWR (PR)	9 9:00-9:45 Water Aerobics (P) 9:30-10:00 Walking Club 11:15-11:45 Stability and Balance (PR)	10 10:00-10:45 Yoga video with Shelly (PR) 11:00-11:30 Loose and Limber—seated(PR)	11 9:30-10:15 Aqua Flow (P) 11:00-11:30 Stability and Balance (PR)
12 Closed	13 10:00-10:45 Yoga with Meagan (PR) 1:00-1:45 Arthritis Stretch (P)	14 9:30-10:00 Walking Club 11:15-11:45 Stability and Balance (PR)  *No Water Aerobics*	15 10:00-10:45 Circuit Power! (PR) 11:00-11:30 Strength and Stretch (PR) 3:00-4:00 Support Group (AR)  *No PWR*	16 9:00-9:45 Water Aerobics (P) 9:30-10:00 Walking Club 11:15-11:45 Stability and Balance (PR)	17 10:00-10:45 Yoga video with Shelly (PR) 11:00-11:30 Loose and Limber—seated(PR)	18 9:30-10:15 Aqua Flow (P) 11:00-11:30 Stability and Balance (PR)
19 Closed	20 10:00-10:45 Yoga with Meagan (PR) 1:00-1:45 Arthritis Stretch (P)	21 9:30-10:00 Walking Club 8:00-4:00 (PL) NuStep Marathon 12:00pm Silent Auction Opens( GR) 1:00-2:00 Ice Cream Social ILDR) 2:30-3:30 Bingo Hall (PR)  *No Water Aerobics* *No Stability and Balance*	22 10:00-10:45 Circuit Power! (PR) 3:00-4:00 PWR (HC)	23 9:00-9:45 Water Aerobics (P) 9:30-10:00 Walking Club   *No Stability and Balance*	24 10:00-10:45 Yoga video with Shelly (PR) 11:00-11:30 Loose and Limber—seated(PR)	25 9:30-10:15 Aqua Flow (P) 11:00-11:30 Stability and Balance (PR)
26 Closed	27 10:00-10:45 Yoga with Meagan (PR) 1:00-1:45 Arthritis Stretch (P)	28 9:00-9:45 Water Aerobics (P) 9:30-10:00 Walking Club 11:15-11:45 Stability and Balance (PR)	29 10:00-10:45 Circuit Power! (PR)   *No PWR*	30 9:00-9:45 Water Aerobics (P) 9:30-10:00 Walking Club 11:15-11:45 Stability and Balance (PR)		

I finally found a diet plan  
that really works.  
It's called "The Price of Food."



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