

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*

Circuit Power: Wednesday & Friday 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*

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

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*

Tai Ji Quan: Wednesday & Friday 1:00-2:00

This evidence based class consists of an 8-form core with built-in-variations and Mini Therapeutic Movements which collectively, comprise a set of functional Tia Ji Quan exercises. This enhanced training transforms martial arts movements into tailored movement therapy aimed at improving stability, awareness, and mindful control of body positioning in space, functional walking, movement symmetry and coordination, range of motion around the ankle and hip joints and lower-extremity strength. *Basic Skills Required*

Water Aerobics: Tuesday & Thursday 9:00-9:45am & Saturday 9:30-10:15am

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 Greta: Friday 11:00-11:45

This guided yoga class will bring your 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, and relaxation. *Basic Skills Required*

Yoga Video With Shelly Monday: 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*



SUMMIT CLUB
PROMOTING WELLNESS FOR A VIBRANT LIFE

AUGUST 2022

Athlete of the Month

July's Athlete of the Month is Maxine McCarthy! Maxine loves the pool attends many of the land exercise classes as well! Please join us in congratulating Maxine for all of her hard work!



1. **Why is health, wellness and fitness important to you?**

To be able to enjoy life as long as possible.

2. **What are some things you do to help maintain or improve your health?**

I try to make healthy food choices and drink plenty of water.

3. **What are some of your hobbies?**

Playing games like: Sudoku, Hearts, etc. on the computer and embroidery.

4. **Has fitness always been an important component in your life? If so, how?**

Not until Covid entered our world and did lots of TV watching and found out "use it or lose it" was true.

5. **Tell us a fun fact about yourself?**

I enjoy watching all Minnesota sport teams. I learned golf making it a fun sport to play for many years.

6. **What is your favorite machine in the health club?**

The treadmill because I can set the speed and incline I want.

7. **Favorite class or club activity?**

I love the pool and classes it has.

8. **What advice would you give to others work towards a balanced lifestyle, healthy living and fitness?**

Continued....Take advantage of all the amenities available to use here. We have great "instructors of Wellness like : Laurie, Andrea and Greta to help us and answer our questions.

Wellness Director

I am so excited to announce that Andrea Perkins will be taking on the role of the new Wellness Director! Andrea was hired in 2020 for the fitness coordinator position and is excited to make this move within the fitness center. Her transition will begin August, 1st. We will begin the search for a new fitness coordinator immediately.

Company Picnic

Wednesday, July 10th, the Health Club will be closing at 12:00pm. Staff have the opportunity to visit with other Silver-Crest Communities at our annual picnic. We appreciate your understanding.

Yoga with Greta

Join Greta for Yoga on Fridays at 11:00am in the Performance Room! This class guided yoga 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, and relaxation. The Yoga video will now be played on Mondays, 10:00-10:45 in the Performance Room.



Dates to Remember

Wednesday, August 3rd: Back Yard BBQ, 5:30-7:00

Wednesday, August 10th: Health Club Closing at 12:00pm

Monday, September 5th: Labor Day, Health Club Closed

SILVERADVANTAGE: GIVING YOU THE R.E.S.P.E.C.T. YOU DESERVE!

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

Andrea Perkins, Director of Wellness

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 Yoga video with Shelly (PR) 1:00-1:45 Arthritis Stretch (P)	2 9:00-9:45 Water Aerobics (P) 11:15-11:45 Stability and Balance (PR)	3 10:00-10:45 Circuit Power! (PR) 1:00-2:00 Tai Ji Quan (PR) 3:00-3:45 PWR (PR)	4 9:00-9:45 Water Aerobics (P) 11:15-11:45 Stability and Balance (PR)	5 10:00-10:45 Circuit Power! (PR) 11:00-11:45 Yoga with Greta (PR) 1:00-2:00 Tai Ji Quan (CH)	6 9:30-10:15 Water Aerobics (P)
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