

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 Aqua Stretch: [Mondays 1:00-1:45pm and Thursday 11:15-11:45am](#)

A perfect class for those individuals wanting to start an exercise program. The class consists of basic strength, flexibility and range of motion pool exercises for an overall workout. *Basic Skills Required*

Circuit Power: [Wednesdays & Fridays 10:00-10:45am](#)

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*

Pilates: [Tuesdays & Saturdays at 11:15-11:45am](#)

This class has a series of low impact exercises and stretches designed to strengthen muscles of the torso. In Pilates, we will focus on building core strength to help improve balance, coordination, strength and flexibility to help remain independent in daily activities. Pilates is a great workout to help improve general fitness and overall well-being. *Basic 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

Water Aerobics: [Tuesdays, Thursdays & Saturdays 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 for Balance: [Mondays 10:00-10:30 & Wednesdays 1:00-1:30pm](#)

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. Can be performed seated or standing. *Basic Skills Required and Beginners are welcome!*

Yoga with Greta: [Fridays 10:45-11:15am](#)

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 and*



SUMMIT CLUB
PROMOTING WELLNESS FOR A VIBRANT LIFE

SEPTEMBER 2022

Athlete of the Month

Congratulations to September's Athlete of the Month David Goon! He started working out before gyms and exercise programs were on trend. He enjoys swimming, biking and hiking. Say hello if you see him around!



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

It helps to enjoy my life.

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

Exercise and watch my diet. Added swimming outside of club at EP Community Center and Lifetime Health.

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

None to speak of, I've been watching a lot of tennis and golf on TV.

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

Yes, I have done many activities for variety.

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

I learned to play guitar and played and sang folk songs to myself...a few times with others.

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

No favorite

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

Stability and Balance

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

Try it if you think you would like it

Class Changes

Happy September all!

Come and join us for a group class! It's a great opportunity to meet new people, add variety to a workout and motivate yourself to increase physical activity. Please take a look at the calendar to find class times/cancellations, location and class descriptions. For the month of September we will offer the following classes:

Arthritis Aqua Stretch: Mondays & Wednesdays

Yoga for Balance: Mondays & Wednesdays

Aqua Flow: Tuesdays

Pilates: Tuesdays & Saturdays

Circuit Power: Wednesdays and Fridays

Water Aerobics: Thursdays and Saturdays

Yoga with Greta: Fridays

Fit Tips!

Staying active is a component that supports overall health and quality of life as we age. This is easier said than done as aging may bring challenges to mobility. Don't let this stop you. Check out these tips to make exercise safe and enjoyable!

1. Start Slow.

2. Do something everyday.

3. Try these exercises to start::

-Yoga and Water walking or water stretching

4. Come to the health club and chat with us or check out a group fitness class for guidance and support.

Dates to Remember

Monday, September 5th: Labor Day Club Closed

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
GR—Great Room

Location and Contact Information

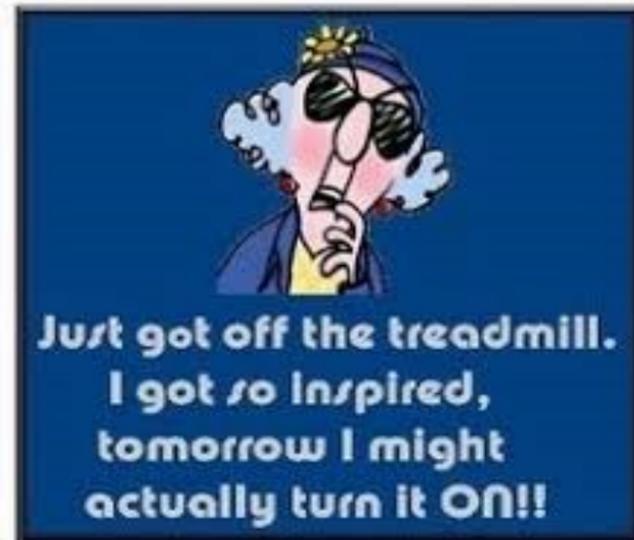
8505 Flying Cloud Drive
Eden Prairie, MN 55344
www.summitplacecampus.com
952-995-1006

Summit Club

952-995-1021
Andrea Perkins, Director of Wellness
952-995-1022

Greta Donnelly, Fitness Coordinator

952-995-1021
Park Nicollet Clinic (HydroWorx Physical Therapy)
952-993-7470



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p align="center">Is This Class Right For Me?</p> <p>It is important that you are participating in the right class for you. You will see greater improvements when performing exercises that are designed for your current fitness level. The last page of the calendar features class descriptions, including ability levels. If you are unsure what classes are right for you, please see staff for assistance.</p>						
				<p>1 11:15-11:45 Arthritis Stretch (P)</p> <p align="center">*NO Aqua Flow Today*</p>	<p>2 10:00-10:45 Circuit Power! (PR)</p> <p align="center">*NO Yoga with Greta Today*</p>	<p>3 9:00-9:45 Water Aerobics (P)</p> <p>11:15-11:45 Yoga for Balance Sub</p> <p align="center">*NO Pilates Today (PR)*</p>
4 Closed	<p>5 10:00-10:30 Yoga for Balance (PR)</p> <p>1:00-1:45 Arthritis Aqua Stretch (P)</p>	<p>6 9:00-9:45 Aqua Flow (P)</p> <p>11:15-11:45 Pilates (PR)</p>	<p>7 10:00-10:45 Circuit Power! (PR)</p> <p>1:00-1:30 Yoga for Balance (PR)</p> <p>3:00-3:45 PWR! Moves (PR)</p>	<p>8 9:00-9:45 Water Aerobics (P)</p> <p>11:15-11:45 Arthritis Aqua Stretch (P)</p>	<p>9 10:00-10:45 Circuit Power! (PR)</p> <p>10:45-11:15 Yoga with Greta (PR)</p>	<p>10 9:00-9:45 Water Aerobics (P)</p> <p>11:15-11:45 Pilates (PR)</p>
11 Closed	<p>12 10:00-10:30 Yoga for Balance (PR)</p> <p>1:00-1:45 Arthritis Aqua Stretch (P)</p>	<p>13 9:00-9:45 Aqua Flow (P)</p> <p>11:15-11:45 Pilates (PR)</p>	<p>14 10:00-10:45 Circuit Power! (PR)</p> <p align="center">*NO Yoga for Balance Today (PR)*</p> <p>3:00-3:30 PWR! Moves (HC)</p>	<p>15 9:00-9:45 Water Aerobics (P)</p> <p align="center">*NO Arthritis Aqua Stretch Today*</p>	<p>16 10:00-10:45 Circuit Power! (PR)</p> <p>10:45-11:15 Yoga with Greta (PR)</p>	<p>17 9:00-9:45 Water Aerobics (P)</p> <p>11:15-11:45 Pilates (PR)</p>
18 Closed	<p>19 10:00-10:30 Yoga for Balance (PR)</p> <p>1:00-1:45 Arthritis Aqua Stretch (P)</p>	<p>20 9:00-9:45 Aqua Flow (P)</p> <p>11:15-11:45 Pilates (PR)</p>	<p>21 10:00-10:45 Circuit Power! (PR)</p> <p>1:00-1:30 Yoga for Balance (PR)</p> <p>3:00-3:45 PWR! Moves (PR)</p>	<p>22 9:00-9:45 Water Aerobics (P)</p> <p>11:15-11:45 Arthritis Aqua Stretch (P)</p>	<p>23 10:00-10:45 Circuit Power! (PR)</p> <p>10:45-11:15 Yoga with Greta (PR)</p>	<p>24 9:00-9:45 Water Aerobics (P)</p> <p>11:15-11:45 Pilates (PR)</p>
25 Closed	<p>26 10:00-10:30 Yoga for Balance (PR)</p> <p>1:00-1:45 Arthritis Aqua Stretch (P)</p>	<p>27 9:00-9:45 Aqua Flow (P)</p> <p>11:15-11:45 Pilates (PR)</p>	<p>28 10:00-10:45 Circuit Power! (PR)</p> <p>1:00-1:30 Yoga for Balance (PR)</p> <p>3:00-3:45 PWR! Moves outing</p>	<p>29 9:00-9:45 Water Aerobics (P)</p> <p>11:15-11:45 Arthritis Aqua Stretch (P)</p>	<p>30 10:00-10:45 Circuit Power! (PR)</p> <p>10:45-11:15 Yoga with Greta (PR)</p>	<p align="center"><i>“Exercise...in the morning...before your brain figures out what you are up to!”</i> Thanks Larry Vergin!</p>