

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 Wednesdays 11:00-11:45am

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*

Aqua Flow: Tuesdays 9:00-9:45am

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

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*

Pilates: Tuesdays and Saturdays 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*

PWR! Moves: Fridays 11:00-11:45am

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*

Sit to Be Fit: Mondays 10:00-10:30am

This low-impact high value class is the perfect way to safely incorporate exercise into your routine. Our goal is to develop range of motion, muscular endurance and strength through functional fitness. *Beginner Skills*

Water Aerobics: Thursdays and 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*

Yoga for Balance: Mondays & Thursdays 11:15-11:45am

This yoga class focuses on connecting breath, movement and the mind. We gently flow through foundational poses that target core strength to cultivate posture/stability, strengthen our lower body, and improve joint mobility. Exercises can be performed seated or standing. *Basic Skills Required and Beginners are welcome!*

Yoga with Greta: Friday 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. *Beginner Skills*



SUMMIT CLUB
PROMOTING WELLNESS FOR A VIBRANT LIFE

NOVEMBER 2022

Club Member of the Month

November's Club Member of the Month is Mona Bowman! She is very active in the community and enjoys sewing and reading. Mona participates in many of the group fitness classes and always brings a positive attitude wherever she goes. Please join us in congratulating Mona for all of her hard work!



- Why is health, wellness and fitness important to you?** Health, wellness and fitness improves the quality of life. Your social life improves and stronger relationships develop. I believe it promotes a positive mood for a person.
- What are some things you do to help maintain or improve your health?** Establish and carry out a routine.
- What are some of your hobbies?** Reading and sewing.
- Has fitness always been an important component in your life? If so, how?** My family instilled in us to continue to always be fit.
- Tell us some fun facts about yourself.** Our wedding was on KSTP 5 @ 10pm, 12/18/59 and on the front page of Mpls Star Sunday paper 12/20/59. I was also a cheerleader. My daughter graduated from H.S. and I graduated with my Master's degree 5/81 the same month and year! I stopped to have my hair done on the way to the hospital to deliver our baby boy.
- Favorite class or club activity.** Circuit Power
- What advice would you give to others working towards a balanced lifestyle, healthy living and fitness?** Attend classes whenever they're offered. Don't skip them. It's easy to stay home when the body doesn't want to go, but go. You'll always feel better.

MASK RESTRICTION LIFTED! As many of you know, the mask restriction has been lifted. We ask that you please continue to clean off gym equipment after use and to remain at home if you have cold symptoms or are not feeling well. Thanks for helping us keep Summit Club healthy!

WELCOME BACK COMMUNITY MEMBERS

We are excited to announce the reopening of The Summit Health Club to the Eden Prairie 55 or better community starting November 1, 2022. Community members will have access to the Club (locker rooms), pool, and classes during the following hours:

Community Member Hours

Tue – Fri 10:00am – 12:00pm; 1:00 – 4:00pm
Sat 9:00am – 1:00pm

Resident hours **will not** change. The club and pool will remain open during regular hours for all residents. Please see the Club Calendar for hours, classes and cancellations. Although masks are no longer required, all club members are required to clean equipment with sanitizing wipes after use and we ask that you continue to practice safe distancing. Please be aware that mask policy is subject to change as we follow Minnesota Department of Health guidelines.

HAPPY THANKSGIVING

The Summit Club Crew would like to express our gratitude for your support, kindness, laughs and light that you bring. It is because of you that we enjoy what we do! Please note that the club will be closed on Thanksgiving and open for alternate hours Fri, Nov 25 (8a-1p). Happy Thanksgiving!

CLUB FEATURE OF THE MONTH...THERAPY POOL and HYDROWORX

The goal of aquatic exercise is to reduce stress and promote relaxation while working to strengthen muscles, improve flexibility and increase range of motion. When exercising in a therapy pool buoyancy, hydrostatic pressure, water temperature and resistance combine give you these benefits. Take a break from the winter chill and explore our warm-water lap pool (92 degrees) or the 94-degree HydroWorx. HydroWorx sessions require an appointment and have an additional cost. Feel free to call the Health Club at 952-995-1021 for questions.

DATES TO REMEMBER

Tuesday, November 1: All Saints Day
Sunday, November 6: Daylight Saving Ends
Tuesday, November 8: Election Day
Friday, November 11: Veteran's Day
Thursday, November 24: Thanksgiving

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

Family Swim Schedule (unless otherwise noted)

Tuesdays
2:00-3:00pm
Saturdays
10:00-11:00am



For the safety of your family and friends an adult must be in the water while children are swimming. Participants of Family Swim are to be supervised by a Resident at all times. All participants need to respect the pool rules and other swimmers. Rules are posted in the Health Club. **Please bring your own towels for this program.** Last but not least, this program is free for residents and their family members. Thank you!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9:00-9:45 Aqua Flow (P) 11:15-11:45 Pilates (PR) 2:00-3:00pm Family Swim (P)	2 10:00-10:45 Circuit Power! (PR) 11:00-11:45 Arthritis Aqua Stretch (P)	3 9:00-9:45 Water Aerobics (P) 11:15-11:45 Yoga for Balance (PR)	4 10:00-10:45 Circuit Power! (PR) 10:45-11:15 Yoga with Greta (PR) 11:00-11:45 PWR! Moves (GR)	5 9:00-9:45 Water Aerobics (P) 10:00—11:00 Family Swim (P) 11:15-11:45 Pilates (PR)
6 Closed	7 10:00-10:30 Sit to be Fit (PR) 11:15-11:45 Yoga for Balance (PR) 1:00-1:45 Arthritis Aqua Stretch (P)	8 9:00-9:45 Aqua Flow (P) 11:15-11:45 Pilates (PR) 2:00-3:00pm Family Swim (P)	9 10:00-10:45 Circuit Power! (PR) 11:00-11:45 Arthritis Aqua Stretch (P)	10 9:00-9:45 Water Aerobics (P) 11:15-11:45 Yoga for Balance (PR)	11 10:00-10:45 Circuit Power! (PR) 10:45-11:15 Yoga with Greta (PR) 11:00-11:45 PWR! Moves (GR)	12 9:00-9:45 Water Aerobics (P) 10:00—11:00 Family Swim (P) 11:15-11:45 Pilates (PR)
13 Closed	14 10:00-10:30 Sit to be Fit (PR) 11:15-11:45 Yoga for Balance (PR) 1:00-1:45 Arthritis Aqua Stretch (P)	15 9:00-9:45 Aqua Flow (P) 11:15-11:45 Pilates (PR) 2:00-3:00pm Family Swim (P)	16 10:00-10:45 Circuit Power! (PR) 11:00-11:45 Arthritis Aqua Stretch (P)	17 9:00-9:45 Water Aerobics (P) 11:15-11:45 Yoga for Balance (PR)	18 10:00-10:45 Circuit Power! (PR) 10:45-11:15 Yoga with Greta (PR) 11:00-11:45 PWR! Moves (HC)	19 9:00-9:45 Water Aerobics (P) 10:00—11:00 Family Swim (P) 11:15-11:45 Pilates (PR)
20 Closed	21 10:00-10:30 Sit to be Fit (PR) 11:15-11:45 Yoga for Balance (PR) 1:00-1:45 Arthritis Aqua Stretch (P)	22 9:00-9:45 Aqua Flow (P) 11:15-11:45 Pilates (PR) 2:00-3:00pm Family Swim (P)	23 10:00-10:45 Circuit Power! (PR) 11:00-11:45 Arthritis Aqua Stretch (P)	24 CLUB CLOSED ~ HAPPY THANKSGIVING	25 10:00-10:45 Circuit Power! (PR) 10:45-11:15 Yoga with Greta (PR) 11:00-11:45 Parkinson's Support Group (GR) Pot Luck Lunch ~ Grateful CLUB ALTERNATE HOURS 8:00am—1:00pm	26 9:00-9:45 Water Aerobics (P) 10:00—11:00 Family Swim (P) 11:15-11:45 Pilates (PR)
27 Closed	28 10:00-10:30 Sit to be Fit (PR) 11:15-11:45 Yoga for Balance (PR) 1:00-1:45 Arthritis Aqua Stretch (P)	29 9:00-9:45 Aqua Flow (P) 11:15-11:45 Pilates (PR) 2:00-3:00pm Family Swim (P)	30 10:00-10:45 Circuit Power! (PR) 11:00-11:45 Arthritis Aqua Stretch (P)	"Every time you hear that dirty word exercise, wash your mouth out with CHOCOLATE! " Thanks Larry Vergin!		