

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; Thursdays 5:00—5:45pm

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

DECEMBER 2022

CLUB MEMBER OF THE MONTH

Congratulations to December's Club Member of the Month, Richard Peterson. Richard stays active in the community by attending programs and exercise classes. Fitness and wellness have been a part of his lifestyle since high school and he continues to remain active!

1. **Why is health, wellness and fitness important to you?** I am able to keep active.

2. **What are some things you do to help maintain or improve your health?** Exercise, eat well and get a good night's sleep

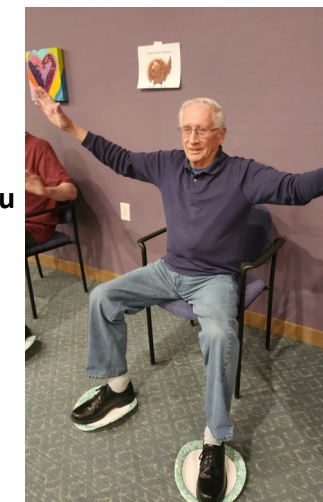
3. **What are some of your hobbies?** Putting puzzles together

4. **Has fitness always been an important component in your life? If so, how?** I pitched slow pitch softball for over 30 years and played tennis in high school and most of my life.

5. **Tell us some fun facts about yourself.** I have a good sense of humor.

6. **Favorite class or club activity.** Circuit Power...all of the classes.

7. **What advice would you give to others working towards a balanced lifestyle, healthy living and fitness?** Keep active, yoga, and take care of yourself



UPDATE TO CLUB HOURS

Club hours will change starting in December. Moving forward, the club will no longer be closed from 12-1pm. Residents and community members are now welcome to come workout during this time. **The club will also be open until 6pm on Thursdays only.** New hours will be posted outside of the club and in the calendar. Merry Fitness!

DECEMBER FITNESS CHALLENGE

Each month the Summit Club Crew will present way to incorporate physical activity into your daily routine. This month we propose attending at least one group class

per week for the month of December. We offer a variety of classes that vary from low intensity stretching to higher intensity aerobics plus plenty in-between. Exercises can be done seated or standing. You can do almost anything for one month...right? We look forward to seeing you!

HAPPY HOLIDAYS

'Tis the season for reflecting, giving and spending time with friends, family and loved ones. Please note that the club will be open for alternate hours on Mon, Dec 26 (8a-1p). There will also be class cancellations noted in the calendar. Thank you for your understanding!

CLUB FEATURE OF THE MONTH...NUSTEP



Why the NuStep? The NuStep helps strengthen muscles in the entire body while mimicking natural movement of the legs and

arms. Not only does it help strengthen muscles around the joints, it helps build bone strength, increase range of motion, improve flexibility and control weight. The Summit Club staff will help with set-up and we'll get you started on a program that accommodates your goals.

VOLUNTEERS

If you are looking for a way to connect with others or switch up your daily routine, come on down and sign up to volunteer some time in the health club. No experience...no problem. We will provide training and any materials needed. We appreciate our volunteers so much. Many, many thanks to those of you who have given your time to help us out! We couldn't do it without you.

DATES TO REMEMBER

Monday, December 19:	Hanukkah
Wednesday, December 21:	First Day of Winter
Sunday, December 25:	Christmas
Monday, December 26:	Kwanzaa Club Alternate hrs 8a-1p

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

THE SUMMIT CLUB

DECEMBER 2022

Summit Club Hours (unless otherwise noted)

Monday
7:00am-3:00pm
Tuesday, Wednesday,
Friday
7:00am-4:00pm
Thursday
7:00am-6:00pm
Saturday
8:00am-1:00pm
Sundays and Holidays
Closed

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	
<p><i>Happy Holidays</i> we wish you joy</p>			<p>I only work out because I really, really like donuts.</p>		1 9:00-9:45 Water Aerobics (P) 11:15-11:45 Yoga for Balance (PR) 5:00-5:45pm Water Aerobics (P)	2 10:00-10:45 Circuit Power! (PR) 10:45-11:15 Yoga with Greta (PR) 11:00-11:45 PWR! Moves (GR)	3 9:00-9:45 Water Aerobics (P) 10:00—11:00 Family Swim (P) 11:15-11:45 Pilates (PR)
4 Closed	5 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)	6 9:00-9:45 Aqua Flow (P) 11:15-11:45 Pilates (PR) 2:00-3:00pm Family Swim (P)	7 10:00-10:45 Circuit Power! (PR) 11:00-11:45 Arthritis Aqua Stretch (P)	8 9:00-9:45 Water Aerobics (P) 11:15-11:45 Yoga for Balance (PR) 5:00-5:45pm Water Aerobics (P)	9 10:00-10:45 Circuit Power! (PR) 10:45-11:15 Yoga with Greta (PR) 11:00-11:45 PWR! Moves (GR)	10 9:00-9:45 Water Aerobics (P) 10:00—11:00 Family Swim (P) 11:15-11:45 Pilates (PR)	
11 Closed	12 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)	13 9:00-9:45 Aqua Flow (P) 11:15-11:45 Pilates (PR) 2:00-3:00pm Family Swim (P)	14 10:00-10:45 Circuit Power! (PR) 11:00-11:45 Arthritis Aqua Stretch (P)	15 9:00-9:45 Water Aerobics (P) 11:15-11:45 Yoga for Balance (PR) 5:00-5:45pm Water Aerobics (P)	16 10:00-10:45 Circuit Power! (PR) 10:45-11:15 Yoga with Greta (PR) 11:00-11:45 PWR! Moves (HC)	17 9:00-9:45 Water Aerobics (P) 10:00—11:00 Family Swim (P) 11:15-11:45 Pilates (PR)	
18 Closed	19 *No Sit to be Fit* *Yoga for Balance* *No Arthritis Aqua Stretch*	20 *No Aqua Flow* 11:15-11:45 Pilates (PR) 2:00-3:00pm Family Swim (P)	21 10:00-10:45 Circuit Power! (PR) 11:00-11:45 Arthritis Aqua Stretch (P)	22 9:00-9:45 Water Aerobics (P) 11:15-11:45 Yoga for Balance (PR) 5:00-5:45pm Water Aerobics (P)	23 *No Circuit Power! * 10:00-10:30 Yoga Video (PR) * No Yoga with Greta* 11:00-11:30 Chair Exercise (PR)	24 9:00-9:45 Water Aerobics (P) 10:00—11:00 Family Swim (P) 11:15-11:45 Pilates (PR)	
25 Closed Merry Christmas!! 	26 10:00-10:30 Sit to be Fit (PR) 11:15-11:45 Yoga for Balance (PR) *Alternate Hours* 8am—1pm 	27 9:00-9:45 Aqua Flow (P) 11:15-11:45 Pilates (PR) 2:00-3:00pm Family Swim (P)	28 10:00-10:45 Circuit Power! (PR) 11:00-11:45 Arthritis Aqua Stretch (P)	29 *No Morning Water Aerobics* 11:15-11:45 Yoga for Balance (PR) 5:00-5:45pm Water Aerobics (P)	30 10:00-10:45 Circuit Power! (PR) *No Yoga with Greta* 11:00-11:45 PWR! Moves (GR)	31 9:00-9:45 Water Aerobics (P) 10:00—11:00 Family Swim (P) *No Pilates*	