

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 and Wednesdays 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 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*

Strength Conditioning: Tuesdays and Thursdays 1-1:30pm

This class is taught to fun tunes while building strength, dynamic balance, and range of motion. Exercises can be done standing beside a chair or seated while using weights or bands. Can't "weight" to see you there! *Basic Skills*

Water Aerobics: Thursdays and Saturdays 9:00-9:45am; Tuesdays and 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 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

JANUARY 2023

CLUB MEMBER OF THE MONTH

Congratulations to January's Club Member of the Month, Darlene Nelson. Darlene is always positive and brings great energy to both the Club and fitness classes. She is an active participant in the community and enjoys being with people. Please congratulate Darlene if you see her around the building!

1. **Why is health, wellness and fitness important to you?** So that I can keep doing all the things I can do now!

2. **What are some things you do to help maintain or improve your health?** Try to stay with clean food and keep allergies at bay.

3. **What are some of your hobbies?** Puzzles, and drawing simple drawings, and cards with friends.

4. **Has fitness always been an important component in your life? If so, how?** Loved gym class best in school. I also like fitness, walking, exercises for strength etc.

5. **Tell us some fun facts about yourself.** I like to be as positive as possible, to enjoy life and enjoy being with people.

6. **What is your machine in the health club?** NuStep is my favorite now!

7. **Favorite class or club activity?** I like to fit in if possible. All classes of fitness and strength for the day! All favorites!!

8. **What advice would you give to others working towards a balanced lifestyle, healthy living and fitness?** Keep active, try out what is available, stay positive and workout often.



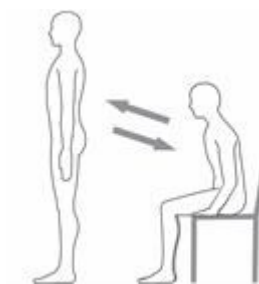
CLUB UPDATES New hours, new classes, new class time!

- The Club now open to 6pm on Tue and Thu
- Arthritis Aqua Stretch has moved to 1pm on Wed
- New Strength Class on Tue and Thu @ 1pm
- No Performance Room Classes Jan 17-20; PR is closed

for remodel; Join us in the club for circuit training @ 11:00-11:30am this week! Pool classes still in session.

JANUARY FITNESS CHALLENGE

Happy 2023! Sitting down and standing up is a movement we do everyday. It can also be a fun and effective way to strengthen the lower body and maintain/improve mobility. This month we challenge you to do this exercise 10-15 times for two sets. Be sure to rest for one minute in between sets. Try this at least 3 days per week for the month of January. If needed, do it fewer times until you build up strength. It is normal to feel mild stretching, pulling, tightness or discomfort as you do this, but stop right away if you feel sudden pain. Please consult with physician if you are new to exercise or have concerns. Let the club staff know how many you did at the end of the month. We will tally it up and add it to our 2023 Fitness Challenge Chart!



CLUB FEATURE OF THE MONTH...Dumbbells

Did you know that it is possible to stimulate growth and build muscles even in your 90's!? Dumbbell exercises are a great way to do this regardless of age. The American College of Sports Medicine recommends a minimum of two non-consecutive days each week, with one set of 10 to 15 repetitions. It is crucial to choose the appropriate amount of weight and allow the body enough time to recover between strength training sessions. Come down to the health club to learn some exercises and safety tips. You can also check out our new Strength Conditioning class in January on Tuesdays and Thursdays at 1pm. Check the calendar for time, location and cancellation. It's always good to have a medical checkup if you have questions/concerns about exercise.



DATES TO REMEMBER

Sunday, January 1:	New Year's Day
Monday, January 16:	Martin Luther King, Jr. Day
Sunday, January 22:	Lunar New Year

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

THE SUMMIT CLUB

Summit Club Hours (unless otherwise noted)

Monday

7:00am-3:00pm

Tuesday & Thursday

7:00am-6:00pm

Wednesday & Friday

7:00am-4:00pm

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!



JANUARY 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Closed Happy New Year! 	2 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)	3 9:00-9:45—Aqua Flow (P) 11:15-11:45—Pilates (PR) 1:00-1:30pm—Strength Conditioning (PR) 2:00-3:00—Family Swim (P) 5:00-5:45—Water Aerobics (P)	4 10:00-10:45 —Circuit Power! (PR) 1:00-1:45—Arthritis Aqua Stretch (P)	5 9:00-9:45—Water Aerobics (P) 11:15-11:45—Yoga for Balance (PR) 1:00-1:30—Strength Conditioning (PR) 5:00-5:45pm—Water Aerobics (P)	6 10:00-10:45 —Circuit Power! (PR) 10:45-11:15—Yoga with Greta (PR) 11:00-11:45—PWR! Moves (GR)	7 9:00-9:45—Water Aerobics (P) 10:00-11:00—Family Swim (P) 11:15-11:45—Pilates (PR)
8 Closed	9 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)	10 9:00-9:45—Aqua Flow (P) 11:15-11:45—Pilates (PR) 1:00-1:30pm—Strength Conditioning (PR) 2:00-3:00—Family Swim (P) 5:00-5:45—Water Aerobics (P)	11 10:00-10:45 —Circuit Power! (PR) 1:00-1:45—Arthritis Aqua Stretch (P)	12 9:00-9:45—Water Aerobics (P) 11:15-11:45—Yoga for Balance (PR) 1:00-1:30—Strength Conditioning (PR) 5:00-5:45pm—Water Aerobics (P)	13 10:00-10:45 —Circuit Power! (PR) 10:45-11:15—Yoga with Greta (PR) 11:00-11:45—PWR! Moves (GR)	14 9:00-9:45—Water Aerobics (P) 10:00-11:00—Family Swim (P) 11:15-11:45—Pilates (PR)
15 Closed	16 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)	17 9:00-9:45—Aqua Flow (P) *No Strength Conditioning* *No Pilates* 11:00-11:30am—Club Circuit Join us for an upper body circuit class in the Health Club! 2:00-3:00—Family Swim (P)	18 *No Circuit Power!* 11:00-11:30am—Club Circuit Join us for a lower body circuit class in the Health Club! 1:00-1:45—Arthritis Aqua Stretch (P)	19 *No Yoga for Balance* *No Strength Conditioning* 11:00-11:30am—Club Circuit Join us for a cardio circuit class in the Health Club! 5:00-5:45pm—Water Aerobics (P)	20 *No Circuit Power!* *No Strength Conditioning* *No Yoga with Greta* 11:00-11:45—Parkinson's Support Group (GR)	21 9:00-9:45—Water Aerobics (P) 10:00-11:00—Family Swim (P) 11:15-11:45—Pilates (PR)
22 Closed	23 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)	24 9:00-9:45—Aqua Flow (P) 11:15-11:45—Pilates (PR) 1:00-1:30pm—Strength Conditioning (PR) 2:00-3:00—Family Swim (P) 5:00-5:45—Water Aerobics (P)	25 10:00-10:45 —Circuit Power! (PR) 1:00-1:45—Arthritis Aqua Stretch (P)	26 9:00-9:45—Water Aerobics (P) 11:15-11:45—Yoga for Balance (PR) 1:00-1:30—Strength Conditioning (PR) 5:00-5:45pm—Water Aerobics (P)	27 10:00-10:45 —Circuit Power! (PR) 10:45-11:15—Yoga with Greta (PR) 11:00-11:45—PWR! Moves (HC)	28 9:00-9:45—Water Aerobics (P) 10:00-11:00—Family Swim (P) 11:15-11:45—Pilates (PR)
29 Closed	30 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)	31 9:00-9:45—Aqua Flow (P) 11:15-11:45—Pilates (PR) 1:00-1:30pm—Strength Conditioning (PR) 2:00-3:00—Family Swim (P) 5:00-5:45—Water Aerobics (P) Pl[pl]	