

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*

**Chair Yoga:** Fridays 10:00-10:30am

Chair yoga, a gentle form of yoga that's done while seated or using a chair for balance, makes the practice more accessible. In chair yoga, **it's possible to move into poses like cat/cow, warrior, sun salutations and forward folds, all while seated.** *Beginner Skills*

**Functional Training:** Tuesdays & Thursdays 11:15-11:45am

Functional fitness exercises train your muscles to work together and prepare them for daily tasks by simulating common movements you might do at home, at work or in sports. While using various muscles in the upper and lower body at the same time, functional fitness exercises also emphasize core stability. *Developed Skills*

**Pilates:** Wednesdays & 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

In this class, we 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 & Wednesdays 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. All exercises are performed seated. *Beginner Skills*

**Water Aerobics:** Tuesdays, Thursdays & Saturdays 9:00-9:45am; Tuesdays & Thursdays 5:00-5:45pm

This fast paced class uses higher intensity interval training to improve overall strength and cardiovascular endurance. Move to music from the oldies and today's hits. *Developed Skills*

January 2024

HAPPY NEW YEAR!

BEAN BAG TOURNAMENT

Join us in the Performance Room on Wednesdays, January 24th from 1:30-3:30pm to compete in a single elimination bean bag tournament. All you need to bring is yourself and your bean bag tossing skills! Sign up in the program sign up binders!



WATER WONDERLAND

Let's celebrate the festivities of the winter carnival with a Water Wonderland. Summit Place residents, join us on Thursday, January 30th from 10:30-11:30am. Enjoy a relaxing soak in the pool while enjoying light appetizers and mimosas. You don't need to dive in to participate in the fun. Dig out your summer wardrobe and join in on the pool deck! This is an in-house party, the lap pool will be closed to community members from 10:00-12:00pm.



FAMILY SWIM

Family Swim will now be available to community members and their families. The new hours will be Tuesday-Friday from 3:30-4:30pm and Saturday from 10:00-12:00pm. No sign up is required to participate. Refer to the guidelines on the calendar side.

SALT, SAND AND SHOES

Salt and sand carried in on shoes is damaging to the exercise equipment. Please wear clean shoes while exercising (non-street shoes) on the equipment. Chairs and lockers are available for changing and storage. Thank you!

SUMMIT CLUB UPDATES:

**Monday Hours:** Starting January 1, the Health club will be open every Monday from 7:00am-3:00pm.  
**Class Changes:** Take note on the change of classes/ times for the month of January.

The club may have to close a few days in January to get the painting finished. Dates are to be determined so keep an eye out for an update!

SUSPENSION AND CANCELLATION POLICIES

In order to suspend a club membership you must provide a full calendar month notice. Suspensions must include one of the following; travel for one month or greater and/or medical reasons. Suspensions will not be honored if a full calendar month notice was not received or reason for suspension does not fall under the given circumstances. Suspensions will no longer be accepted for those who choose the one time yearly payment option. Partial month suspensions will not be accepted.

To cancel a membership, a full calendar month notice must be given. If cancellation is given after the required date, a full month payment will be required. After 30 days upon receipt of the cancellation you will no longer have access to the Summit Club. Partial month cancellations will not be accepted. If you have questions regarding Summit Club's suspension and cancellation procedures, please see club staff and we would be happy to answer any questions you may have.

PAYMENT REMINDER

All club membership payments are due between the 1st-5th of each month. Late payments will result in a \$10 fine.

INSURANCE REMINDER

If you currently participate in the Insurance Incentive Program and have had changes to your plan, please log into the portal and make those changes to your account. If you need help doing so, please see club staff and we would be happy to assist you. If you no longer will be participating in the program, please notify staff so we are able to remove you from the database.

UPCOMING DATES TO REMEMBER

January 1st	New Years Day Club Closed
January 24th	Bean Bag Tournament
January 30th	Water Wonderland
January 30th	The pool is closed to community members from 10:00am-12:00pm.
February 1st	Winter Carnival

THE  
SUMMIT CLUB

**Summit Club Hours  
(unless otherwise noted)**

## Monday

7:00am-3:00pm

**Tuesday thru Friday**

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

**PI** — Parking Lot

**CB**—Card Boom

CH—Chapel

HDB - H Dining Room

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

**Greta Donnelly, Director of Wellness**

952-995-1022

**Natalie Koster, Fitness Coordinator**

952-995-1021

## Ascend Rehabilitation

763-531-5420

**Bark Nicollet Clinic (HydroWorx Physical Therapy)**

952.993.7470

**Family Swim Schedule**  
(unless otherwise noted)

Tuesday-Friday

3:30-4:30pm






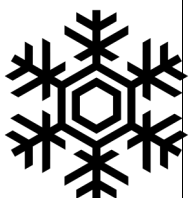

Saturdays

10:00-12:00pm



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 or Community Club member at all times. All participants need to respect the pool rules and other swimmers. Please bring your own towels for this program. Thank you. \*Cost is \$2 per guest of members and free for residents

# January 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<div>1</div> <div>Club Closed</div> <div></div>	<div>2</div> <div>9:00-9:45 Water Aerobics (P)</div> <div>11:15-11:45 Functional Training (PR)</div> <div>5:00-5:45 Water Aerobics (P)</div>	<div>3</div> <div>10:00-10:30 Sit to Be Fit (PR)</div> <div>11:15-11:45 Pilates (PR)</div> <div>1:00-1:45 Arthritis Aqua Stretch (P)</div>	<div>4</div> <div>9:00-9:45 Water Aerobics (P)</div> <div>11:15-11:45 Functional Training (PR)</div> <div>5:00-5:45 Water Aerobics (P)</div>	<div>5</div> <div>10:00-10:45 Chair Yoga (PR)</div> <div>11:00-11:45 Power Moves (PR)</div>	<div>6</div> <div>9:00-9:45 Water Circuit (P) *</div> <div>11:15-11:45 Pilates Video (PR) *</div>
<div>7</div> <div>Closed</div>	<div>8</div> <div>10:00-10:30 Pilates Video (PR) *</div> <div>1:00-1:45 Arthritis Aqua Stretch (P)</div>	<div>9</div> <div>9:00-9:45 Water Aerobics (P)</div> <div>11:15-11:45 Functional Training (PR)</div> <div>5:00-5:45 Water Aerobics (P)</div>	<div>10</div> <div>10:00-10:30 Sit to Be Fit (PR)</div> <div>11:15-11:45 Pilates (PR)</div> <div>1:00-1:45 Arthritis Aqua Stretch (P)</div>	<div>11</div> <div>9:00-9:45 Water Aerobics (P)</div> <div>11:15-11:45 Functional Training (PR)</div> <div>5:00-5:45 Water Aerobics (P)</div>	<div>12</div> <div>10:00-10:45 Chair Yoga (PR)</div> <div>11:00-11:45 Power Moves (PR)</div>	<div>13</div> <div>9:00-9:45 Water Aerobics (P)</div> <div>11:15-11:45 Pilates (PR)</div>
<div>14</div> <div>Closed</div>	<div>15</div> <div>10:00-10:30 Sit to be Fit (PR)</div> <div>1:00-1:45 Arthritis Aqua Stretch (P)</div>	<div>16</div> <div>9:00-9:45 Water Aerobics (P)</div> <div>11:15-11:45 Functional Training (PR)</div> <div>5:00-5:45 Water Aerobics (P)</div>	<div>17</div> <div>10:00-10:30 Sit to Be Fit (PR)</div> <div>11:15-11:45 Pilates (PR)</div> <div>1:00-1:45 Arthritis Aqua Stretch (P)</div>	<div>18</div> <div>9:00-9:45 Water Aerobics (P)</div> <div>11:15-11:45 Functional Training (PR)</div> <div>5:00-5:45 Water Aerobics (P)</div>	<div>19</div> <div>10:00-10:45 Chair Yoga (PR)</div> <div>11:00-11:45 Parkinson’s Support Group (GR)</div>	<div>20</div> <div>9:00-9:45 Water Aerobics (P)</div> <div>11:15-11:45 Pilates (PR)</div>
<div>21</div> <div>Closed</div>	<div>22</div> <div>10:00-10:30 Sit to be Fit (PR)</div> <div>1:00-1:45 Arthritis Aqua Stretch (P)</div>	<div>23</div> <div>9:00-9:45 Water Aerobics (P)</div> <div>11:15-11:45 Functional Training (PR)</div> <div>5:00-5:45 Water Aerobics (P)</div>	<div>24</div> <div>10:00-10:30 Sit to Be Fit (PR)</div> <div>11:15-11:45 Pilates (PR)</div> <div>1:00-1:45 Arthritis Aqua Stretch (P)</div> <div>1:30-3:30 Bean Bag Tournament (PR)</div>	<div>25</div> <div>9:00-9:45 Water Aerobics (P)</div> <div>11:15-11:45 Functional Training (PR)</div> <div>5:00-5:45 Water Aerobics (P)</div>	<div>26</div> <div>10:00-10:45 Chair Yoga (PR)</div> <div>11:00-11:45 Power Moves (PR)</div>	<div>27</div> <div>9:00-9:45 Water Aerobics (P)</div> <div>11:15-11:45 Pilates (PR)</div>
<div>28</div> <div>Closed</div>	<div>29</div> <div>10:00-10:30 Sit to be Fit (PR)</div> <div>1:00-1:45 Arthritis Aqua Stretch (P)</div>	<div>30</div> <div>10:30-11:30 Water Wonderland (P)</div> <div>11:15-11:45 Functional Training (PR)</div> <div>5:00-5:45 Water Aerobics (P)</div> <div>*Pool Closed to Community Mem- bers from 10:00am-12:00pm*</div>	<div>31</div> <div>10:00-10:30 Sit to Be Fit (PR)</div> <div>11:15-11:45 Pilates (PR)</div> <div>1:00-1:45 Arthritis Aqua Stretch (P)</div>	<div></div>		