

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.

- Advanced Water Aerobics** **Tuesday and Thursday: 5:00-5:45 pm**
- This is a high energy, advanced level class that focuses on cardiovascular conditioning to music. This class is a partnership with the Eden Prairie School District. *Developed Skills*
- 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 with Balance:** **Tuesdays & Thursdays 9:15-9:45am**
- 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*
- Circuit Power:** **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*
- Core Power:** **Wednesdays 10:30-45am** In this class we use floor mats and medicine balls to perform torso strengthening exercises. *Developed 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*
- Machine Circuit:** **Wednesdays & Fridays 2:00-2:45pm**
- In this class, you will be guided through muscle strength and endurance exercises using the machines in the health club. Participants will be shown how to use the different machines and rotate throughout the targeted muscle workout. *Beginner Skills*
- Pilates:** **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*
- Power (Parkinson's) Class:** **Mondays & 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;**
- 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*

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



March 2024

**WELCOME MO!**

**What is your name and position at Summit Place?** My name is Mohammed Sandozi but I usually go by Mo. My position at Summit Place is Well-ness Coordinator.

**How did you get into your career?** I was always interested in science; particularly health and wellness. My interest include staying healthy and active has led me to pursue further education in the medical field and has led me to Summit Place in hopes of furthering my knowledge while adding lots of fun for our seniors' everyday lives.

**What is your favorite thing to do outside of work?** Whenever I am not working, I love to spend time with my 5-year old daughter and take her to parks, the mall, the zoo, watch movies and most importantly enjoy some ice-cream! I also enjoy staying active by working out, going on bike rides, attending sporting events and trying new restaurants with many different types of foods!

**What is something people might not know about you?** I am a HUGE college football fan! I went to Louisiana State University (LSU - Geaux Tigers!) and am always hoping and praying that my school can be fortunate enough to win a national championship!

**What do you like most about working with seniors?** I love communicating with all types of people, especially seniors because I always learn something new from them and they always have the best stories. Seniors are some of the kindest, friendliest and most genuine people around and it always makes me feel good connecting with them.

**What is your favorite ice cream flavor?** You can never go wrong with the classic cookies-n-cream...that flavor always hits the spot!

**NEW CLASSES**

Check out the calendar for **\*\*NEW\*\*** classes we are offering this month! Make sure to read the class descriptions that can be found on the back page. We are introducing a variety of classes for different skill levels.

**\*\*Monday hours have changed! We are now open from 7a-6p Monday-Friday & 8a-1p on Saturdays!\*\***



**MOVES CHALLENGE**

Join us in participating in Technogym's MOVES challenge! This campaign is to inspire others to move and adopt a healthier lifestyle while spreading awareness of the world wide crisis of obesity.

A sedentary lifestyle accompanied by advancements in technology has triggered the rise in obesity that's affecting people across the globe. This challenge aims to inspire others to move and engage in healthy lifestyles while raising awareness for this global epidemic.

It's quite simple: all you need to do is MOVE! By using your key while working out in the club you collect MOVES. All of the MOVES you accumulate during the workout are collected in a database and combined with other Summit Club users. The health club with the most MOVES over a two week period, wins!

Now I know your asking, what's a MOVE? A MOVE is a measurement of energy exerted over the duration and intensity of an exercise. Just keep this in mind: the more you move, the more MOVES you will collect. If you currently do not use a key, please see club staff and we would be happy to set you up with your very own or the team dummy key. The Health club will have a MOVES tracker showing our total combined MOVES throughout the challenge.

What are you waiting for? Take action! Become more active! Be a part of the energetic and vibrant wellness community and help spread awareness of global obesity and the importance of an active lifestyle! The competition begins March 12th and continues through the 27th. An informational meeting will be held on Tuesday, March 5th, 10:30-11:00.

UPCOMING DATES TO REMEMBER	
March 5th	MOVES Challenge Informational Meeting
March 12-30th	MOVES Challenge
March 17th	St. Patrick's Day
March 31st	Easter Sunday

THE

SUMMIT CLUB

Summit Club Hours  
(unless otherwise noted)

Monday 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

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

Greta Donnelly, Director of Wellness

952-995-1022

Natalie Koster, Fitness Coordinator

952-995-1021

Mohammed Sandozi, Fitness Coordinator

952-995-1021

Ascend Rehabilitation

763-531-5420

Park Nicollet Clinic (HydroWorx Physical Therapy)

952-993-7470

Family Swim Schedule  
(unless otherwise noted)

Monday-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

March 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<div><div><div>TECHNOGYM</div><div>The Wellness Company</div></div><div>LET'S MOVE FOR A BETTER WORLD</div></div>			<div><div>1</div><div>10:00-10:45 **Class Change**</div><div>Circuit Power (PR)</div><div>11:00-11:45</div><div>Power (Parkinson's) Class (PR)</div><div>2:00-2:45 **NEW**</div><div>Machine Circuit (HC)</div></div>	<div><div>2</div><div>9:00-9:45</div><div>Water Aerobics (P)</div><div>11:15-11:45</div><div>Pilates (PR)</div></div>
<div><div>3</div><div>Closed</div></div>	<div><div>4</div><div>10:00-10:30</div><div>Sit to be Fit (PR)</div><div>11:00-11:45</div><div>Power (Parkinson's) Class (PR)</div><div>1:00-1:45</div><div>Arthritis Aqua Stretch (P)</div></div>	<div><div>5</div><div>9:00-9:45</div><div>Water Aerobics (P)</div><div>9:15-9:45 **NEW**</div><div>Chair Yoga with Balance (PR)</div><div>10:30-11:00</div><div>MOVES Challenge Informational Meeting (PR) *</div><div>11:15-11:45</div><div>Functional Training (PR)</div><div>5:00-5:45</div><div>Advanced Water Aerobics (P)</div></div>	<div><div>6</div><div>10:00-10:30</div><div>Sit to Be Fit (PR)</div><div>1:00-1:45</div><div>Arthritis Aqua Stretch (P)</div><div>2:00-2:45 **NEW**</div><div>Machine Circuit (HC)</div><div>*No Core Power*</div></div>	<div><div>7</div><div>9:00-9:45</div><div>Water Aerobics (P)</div><div>11:15-11:45</div><div>Functional Training (PR)</div><div>5:00-5:45</div><div>Advanced Water Aerobics (P)</div><div>*No Chair Yoga with Balance*</div></div>	<div><div>8</div><div>10:00-10:45</div><div>Circuit Power (PR)</div><div>11:00-11:45</div><div>Power (Parkinson's) Class (PR)</div><div>2:00-2:45</div><div>Machine Circuit (HC)</div></div>	<div><div>9</div><div>9:00-9:45</div><div>Water Aerobics (P)</div><div>11:15-11:45</div><div>Pilates (PR)</div></div>
<div><div>10</div><div>Closed</div></div>	<div><div>11</div><div>10:00-10:30</div><div>Sit to be Fit (PR)</div><div>11:00-11:45</div><div>Power (Parkinson's) Class (PR)</div><div>1:00-1:45</div><div>Arthritis Aqua Stretch (P)</div></div>	<div><div>12</div><div>9:00-9:45</div><div>Water Aerobics (P)</div><div>9:15-9:45</div><div>Chair Yoga with Balance (PR)</div><div>11:15-11:45</div><div>Functional Training (PR)</div><div>5:00-5:45</div><div>Advanced Water Aerobics (P)</div><div>*MOVES Challenge Begins*</div></div>	<div><div>13</div><div>10:00-10:30</div><div>Sit to Be Fit (PR)</div><div>10:30-10:45 **NEW**</div><div>Core Power (PR)</div><div>12:00-1:00</div><div>Parkinson's Support Group (PR)</div><div>1:00-1:45</div><div>Arthritis Aqua Stretch (P)</div><div>2:00-2:45</div><div>Machine Circuit (HC)</div></div>	<div><div>14</div><div>9:00-9:45</div><div>Water Aerobics (P)</div><div>9:15-9:45 **NEW**</div><div>Chair Yoga with Balance (PR)</div><div>11:15-11:45</div><div>Functional Training (PR)</div><div>5:00-5:45</div><div>Advanced Water Aerobics (P)</div></div>	<div><div>15</div><div>10:00-10:45</div><div>Circuit Power (PR)</div><div>11:00-12:00</div><div>Power (Parkinson's) Class (HC)</div><div>2:00-2:45</div><div>Machine Circuit (HC)</div></div>	<div><div>16</div><div>9:00-9:45</div><div>Water Aerobics (P)</div><div>11:15-11:45</div><div>Pilates (PR)</div></div>
<div><div>17</div><div>Closed</div></div> <div></div>	<div><div>18</div><div>10:00-10:30</div><div>Sit to be Fit (PR)</div><div>11:00-11:45</div><div>Power (Parkinson's) Class (PR)</div><div>1:00-1:45</div><div>Arthritis Aqua Stretch (P)</div></div>	<div><div>19</div><div>9:00-9:45</div><div>Water Aerobics (P)</div><div>9:15-9:45</div><div>Chair Yoga with Balance (PR)</div><div>11:15-11:45</div><div>Functional Training (PR)</div><div>5:00-5:45</div><div>Advanced Water Aerobics (P)</div><div>*March Madness Begins*</div></div>	<div><div>20</div><div>10:00-10:30</div><div>Sit to Be Fit (PR)</div><div>10:30-10:45</div><div>Core Power (PR)</div><div>1:00-1:45</div><div>Arthritis Aqua Stretch (P)</div><div>2:00-2:45</div><div>Machine Circuit (HC)</div></div>	<div><div>21</div><div>9:00-9:45</div><div>Water Aerobics (P)</div><div>9:15-9:45</div><div>Chair Yoga with Balance (PR)</div><div>11:15-11:45</div><div>Functional Training (PR)</div><div>5:00-5:45</div><div>Advanced Water Aerobics (P)</div></div>	<div><div>22</div><div>10:00-10:45</div><div>Circuit Power (PR)</div><div>11:00-11:45</div><div>Power Moves (PR)</div><div>2:00-2:45</div><div>Machine Circuit (HC)</div></div>	<div><div>23</div><div>9:00-9:45</div><div>Water Circuit (P) *</div><div>11:15-11:45</div><div>Pilates Video (PR) *</div></div>
<div><div>24</div><div>Closed</div></div>	<div><div>25</div><div>10:00-10:30</div><div>Sit to be Fit (PR)</div><div>11:00-11:45</div><div>Power (Parkinson's) Class (PR)</div><div>1:00-1:45</div><div>Arthritis Aqua Stretch (P)</div></div>	<div><div>26</div><div>9:00-9:45</div><div>Water Aerobics (P)</div><div>9:15-9:45</div><div>Chair Yoga with Balance (PR)</div><div>11:15-11:45</div><div>Functional Training (PR)</div><div>5:00-5:45</div><div>Advanced Water Aerobics (P)</div></div>	<div><div>27</div><div>10:00-10:30</div><div>Sit to Be Fit (PR)</div><div>10:30-10:45</div><div>Core Power (PR)</div><div>1:00-1:45</div><div>Arthritis Aqua Stretch (P)</div><div>2:00-2:45</div><div>Machine Circuit (HC)</div><div>*MOVES Challenge Ends*</div></div>	<div><div>28</div><div>9:00-9:45</div><div>Water Aerobics (P)</div><div>9:15-9:45</div><div>Chair Yoga with Balance (PR)</div><div>11:15-11:45</div><div>Functional Training (PR)</div><div>3:00-4:00</div><div>MOVES Challenge Recap (PR)</div><div>5:00-5:45</div><div>Advanced Water Aerobics (P)</div></div>	<div><div>29</div><div>10:00-10:45</div><div>Circuit Power (PR)</div><div>11:00-11:45</div><div>Power Moves (PR)</div><div>2:00-2:45</div><div>Machine Circuit (HC)</div></div>	<div><div>30</div><div>9:00-9:45</div><div>Water Aerobics (P)</div><div>11:15-11:45</div><div>Pilates (PR)</div></div>
<div><div>31</div><div>Closed</div></div> <div></div>						