

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: Thursdays 10:30-11:00am 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*

April 2024

PARKINSON'S AWARENESS MONTH



April is Parkinson's Awareness Month. Nearly 10 million worldwide are living with Parkinson's disease. 1 million people in the U.S. are currently living with Parkinson's disease, by 2030 this number is projected to rise to 1.2 million. Parkinson's is the second most common neurodegenerative disease after Alzheimer's. In the U.S., the combined direct and indirect cost of Parkinson's is estimated to be nearly \$52 billion per year.

Summit Place staff who wear a red tulip pin on their nametag, have been specifically trained to identify and understand the complex disease of Parkinson's. Having staff participate in this training allows us to be able to provide support, education and resources for our residents and families affected by Parkinson's disease. Summit Place is proud to be able to provide these services and to call ourselves a Parkinson's friendly community.

WHAT IT TRULY MEANS TO BE HEALTHY PRESENTATION

Join Dr. Lance, a local chiropractor, on Wednesday, April 10th at 3:00pm in the Performance Room. He is here to share his knowledge on what it truly means to be healthy. His presentation will include information on arthritis/degeneration and different types of proactive health strategies that can be used to guide you to live your most healthy life.

NEW CLASS SPOTLIGHT

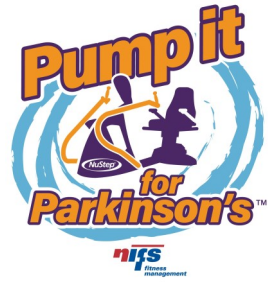
Core Power is a class where the exercises are completed laying down on a yoga mat, targeting muscles of the abdominal and low back. The goal is to help maintain a strong core, relieve low back pain and improve posture. Core Power will be held on Thursdays from 10:30-11:00am in the Performance Room. This class is for Developed Skills and the ability to get up off the floor on your own.

MOVES CHALLENGE RESULTS

Thanks to everyone who participated in the MOVES challenge in March. As a community, we met our goal of 10,000 MOVES! Way to go Summit Place!

PUMP IT FOR PARKINSON'S

April 11 is World Parkinson's Day and The Summit Club is excited to join the National Institute for Fitness and Sport (NIFS) in Pump it for Parkinson's! This event joins senior living providers across the country to help raise awareness on what Parkinson's Disease is and how exercise can help ease the symptoms people experience every day! We will be hosting a NuStep-A-Thon in the IL Dining Room to challenge our residents and staff to achieve 30,000 steps per NuStep running! There is a nationwide goal to accumulate 10 million total steps representing the 10 million people worldwide living with Parkinson's. Members can sign up for 15-minute spots between 9:30am-3:00pm to get as many steps as they can to contribute to our goal! We will also be hosting a bake sale and info booth where you can learn more about what your neighbors, family and friends who live with Parkinson's experience every day and why exercise is so important for them. All proceeds of the event will go to the Parkinson's Foundation.



PUTT-PUTT FOR PARKINSON'S FUNDRAISER

Join us in the backyard at the putting green Monday, April 22nd at 11:30am to place your bets on which team of staff members will make the most-hole-in ones! Starting at 9:00am bets can be made at the IL and AL reception desks. All Donations will go towards the Parkinson's Foundation.



UPCOMING DATES TO REMEMBER

April 1	April Fools Day
April 10	Dr. Lance's Overall Health and Wellness Presentation
April 11	Pump it for Parkinson's
April 22	Putt-Putt for Parkinson's Fundraiser

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

April 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1 10:00-10:30 Sit to be Fit (PR) 1:00-1:45 Arthritis Aqua Stretch (P) *No Power (Parkinson's) Class today— make up day Wednesday*	2 9:00-9:45 Water Aerobics (P) 9:15-9:45 Chair Yoga with Balance (PR) 11:15-11:45 Functional Training (PR) 5:00-5:45 Advanced Water Aerobics (P)	3 10:00-10:30 Sit to Be Fit (PR) 11:00-11:45 *Make up day* Power (Parkinson's) Class (PR) 1:00-1:45 Arthritis Aqua Stretch (P) 2:00-2:45 Machine Circuit (HC)	4 9:00-9:45 Water Aerobics (P) 9:15-9:45 Chair Yoga with Balance (PR) 10:30-11:00 *NEW* Core Power (CH) 11:15-11:45 Functional Training (PR) 5:00-5:45 Advanced Water Aerobics (P)	5 10:00-10:45 Circuit Power (PR) 11:00-11:45 Power (Parkinson's) Class (PR) 2:00-2:45 Machine Circuit (HC)	6 9:00-9:45 Water Aerobics (P) 11:15-11:45 Pilates (PR)	
7 Closed	8 10:00-10:30 Sit to be Fit (PR) 11:00-11:45 Power (Parkinson's) Class (PR) 1:00-1:45 Arthritis Aqua Stretch (P)	9 9:00-9:45 Water Aerobics (P) 9:15-9:45 Chair Yoga with Balance (PR) 11:15-11:45 Functional Training (PR) 5:00-5:45 Advanced Water Aerobics (P)	10 10:00-10:30 Sit to Be Fit (PR) 1:00-1:45 Arthritis Aqua Stretch (P) 2:00-2:45 Machine Circuit (HC) 3:00-4:00 Dr. Lance's Overall Health and wellness Presentation (PR)*	11 9:00-9:45 Water Aerobics (P) 9:15-9:45 Chair Yoga with Balance (PR) 10:30-11:00 Core Power (CH) 11:15-11:45 Functional Training (PR) 5:00-5:45 Advanced Water Aerobics (P) *Pump it for Parkinson's*	12 10:00-10:45 Circuit Power (PR) 11:00-12:00 Power (Parkinson's) Class (HC) 2:00-2:45 Machine Circuit (HC)	13 9:00-9:45 Water Aerobics (P) 11:15-11:45 Pilates (PR)	
14 Closed	15 10:00-10:30 Sit to be Fit (PR) 1:00-1:45 Arthritis Aqua Stretch (P) *No Power (Parkinson's) Class*	16 9:00-9:45 Water Aerobics (P) 9:15-9:45 Chair Yoga with Balance (PR) 11:15-11:45 Functional Training (PR) 5:00-5:45 Advanced Water Aerobics (P)	17 10:00-10:30 Sit to Be Fit (PR) 1:00-1:45 Arthritis Aqua Stretch (P) 2:00-2:45 Machine Circuit (HC)	18 9:00-9:45 Water Aerobics (P) 9:15-9:45 Chair Yoga with Balance (PR) 10:30-11:00 Core Power (CH) 11:15-11:45 Functional Training (PR) 5:00-5:45 Advanced Water Aerobics (P)	19 10:00-10:45 Circuit Power (PR) 11:00-12:00 Power (Parkinson's) Class (PR) *No Machine Circuit *	20 9:00-9:45 Water Circuit (P)* 11:15-11:45 Pilates Video (PR)*	
21 Closed	22 10:00-10:30 Sit to be Fit (PR) 11:30 *Putt-Putt for Parkinson's Fundraiser* 12:30-2:00 Parkinson's Support Group with Guest (PR) * 1:00-1:45 Arthritis Aqua Stretch (P)	23 9:00-9:45 Water Aerobics (P) 9:15-9:45 Chair Yoga with Balance (PR) 11:15-11:45 Functional Training (PR) 5:00-5:45 Advanced Water Aerobics (P)	24 10:00-10:30 Sit to Be Fit (PR) 1:00-1:45 Arthritis Aqua Stretch (P) 2:00-2:45 Machine Circuit (HC)	25 9:00-9:45 Water Aerobics (P) 9:15-9:45 Chair Yoga with Balance (PR) 10:30-11:00 Core Power (CH) 11:15-11:45 Functional Training (PR) 5:00-5:45 Advanced Water Aerobics (P)	26 10:00-10:45 Circuit Power (PR) 11:00-11:45 Power (Parkinson's) Class (PR) 2:00-2:45 Machine Circuit (HC)	27 9:00-9:45 Water Circuit (P) 11:15-11:45 Pilates Video (PR)	
28 Closed	29 10:00-10:30 Sit to be Fit (PR) 11:00-11:45 Power (Parkinson's) Class (PR) 1:00-1:45 Arthritis Aqua Stretch (P)	30 9:00-9:45 Water Aerobics (P) 9:15-9:45 Chair Yoga with Balance (PR) 11:15-11:45 Functional Training (PR) 5:00-5:45 Advanced Water Aerobics (P)					