

## 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** *Thursdays 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 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*

### **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 3:00-3:45pm*

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*

### **Open Gym:** *Tuesdays 2:00-3:00pm, Wednesdays 10:30-11:30am & Fridays 11:00-12:00am*

This is a time where people can come to the Health Club and receive assistance with equipment setup throughout their workout from the health club staff. *All 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*

### **Putting with Peers:** *Fridays 3:00-4:00pm*

This is a time where you can get assistance at the putting green. You can also use this time to meet up with other residents and putt with one another. *Basic Skills*

### **PWR! Moves:** *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*

## July 2024

### ENTRANCE TO THE SUMMIT CLUB

If you come to use the club before receptionist hours or the receptionist is not at the desk, please call down to the club using the key pad in the entryway. Dial extension #202 and club staff will be able to buzz you in.

If the receptionist has stepped away from their desk and club staff does not answer the phone right away during hours of , please do not pound on the glass doors. Staff may be away from the desk but will return shortly. We do our best to assist with opening the doors. Sometimes staff gets pulled away assisting others for a brief moment. We appreciate your patience and cooperation.

### 2024 SUMMIT OLYMPICS

Help us celebrate the 2024 Summer Olympics. Join us Thursday, July 18th from 2-3pm in the performance room for information Look through the Summit Place calendar as we will be having additional classes and activities during the Olympics., July 26th-Aug 11th. Everyone is welcome and encouraged to participate!



Opening Ceremony will be held on Friday, July 26th from 10:00-11:00AM

**Let The Games Begin!**

### VOLUNTEER OPPORTUNITY

Now you can hang out in the club and take charge of the desk. If you want more information to volunteer in the club come down to the desk or call extension #1021.

### PING PONG CLUB

Head to the performance room Mondays & Fridays at 8:15am to play some ping pong! All skill levels welcomed. Call Jerome Carlin ext. #1264 for any questions.

### INDEPENDENCE DAY TRIVIA

1. Where and what year was the first celebration of Independence Day held?
2. Every Independence Day, how many times does the Liberty Bell ring?
3. How many Stars and Stripes does the US flag have?
4. In what year were fireworks first used to celebrate the Fourth of July?
5. Which President served the shortest term?



Bring your answers to the Summit Club desk for a 4th of July treat, starting July 1!

**The Summit Club will be Closed Thursday, July 4th for Independence Day!**

### A FEW REMINDERS

- \* The locker rooms close along with the pool and the Club. Please plan your workout accordingly.
- \* Be sure to look over the calendar carefully each month for class and time changes.
- \* Class attendance must be greater than two persons or the class will be cancelled. It is helpful to have everyone on-time for class. As instructors, we understand the importance of starting class on-time too and thank you for your understanding when we are running late due to other commitments.
- \* All towels are to remain in the Club. If one escapes in your bag, we will always take it back. Thanks!

### UPCOMING DATES TO REMEMBER

|                   |                             |
|-------------------|-----------------------------|
| July 4            | Fourth of July– club closed |
| July 22           | Olympics Opening Ceremony   |
| July 26-August 11 | Summit Olympic Games        |

# THE SUMMIT CLUB

## Summit Club Hours (unless otherwise noted)

### Monday thru Thursday

7:00am-6:00pm

### Friday

7:00am-5:00pm

### Saturday

8:00am-1:00pm

### Sundays and Holidays

Closed

## Room Key

- A/L— AL Library
- HC—Health Club
- HW—HydroWorx
- P—Pool
- PG— Putting Green
- PR—Performance Room
- PL— Parking Lot
- CR—Card Room
- CH—Chapel
- ILD— 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

### Mo 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



# July 2024

| Sun                 | Mon  | Tue   | Wed   | Thu   | Fri   | Sat   |
|---------------------|--|---|---|---|---|---|
|                     | <b>1</b><br>10:00-10:30<br>Sit to be Fit (PR)<br><br>11:00-11:45<br>PWR! Moves (PR)<br><br>1:00-1:45<br>Arthritis Aqua Stretch (P)                         | <b>2</b><br>9:00-9:45<br>Water Aerobics (P)<br>10:00-10:30<br>Chair Yoga with Balance (PR)<br>11:15-11:45<br>Functional Training (PR)<br>2:00-3:00<br>Open Gym (HC)                                 | <b>3</b><br>10:00-10:30<br>Sit to Be Fit (PR)<br><b>11:00-11:45</b><br><b>PWR! Moves (PR) *</b><br>1:00-1:45<br>Arthritis Aqua Stretch (P)<br>3:00-3:45<br>Machine Circuit (HC)               | <b>4</b><br><b>CLUB CLOSED</b><br>   | <b>5</b><br>10:00-10:45<br>Circuit Power (PR)<br>11:00-12:00<br>Open Gym (HC)<br>3:00-4:00<br>Putting with Peers (PG)<br><br><b>*No PWR! Moves*</b>   | <b>6</b><br>9:00-9:45<br>Water Aerobics (P)<br><br>11:15-11:45<br>Pilates (PR)  |
| <b>7</b><br>Closed  | <b>8</b><br>10:00-10:30<br>Sit to be Fit (PR)<br><br>11:00-11:45<br>PWR! Moves (PR)<br><br>1:00-1:45<br>Arthritis Aqua Stretch (P)                         | <b>9</b><br>9:00-9:45<br>Water Aerobics (P)<br>10:00-10:30<br>Chair Yoga with Balance (PR)<br>11:15-11:45<br>Functional Training (PR)<br>2:00-3:00<br>Open Gym (HC)                                 | <b>10</b><br>10:00-10:30<br>Sit to Be Fit (PR)<br>10:30-11:30<br>Open Gym (HC)<br>1:00-1:45<br>Arthritis Aqua Stretch (P)<br>3:00-3:45<br>Machine Circuit (HC)                                | <b>11</b><br>9:00-9:45<br>Water Aerobics (P)<br>10:30-11:00<br>Core Power (CH)<br>11:15-11:45<br>Functional Training (PR)<br>5:00-5:45<br>Advanced Water Aerobics (P)   | <b>12</b><br>10:00-10:45<br>Circuit Power (PR)<br>11:00-12:00<br>Open Gym (HC)<br>11:00-11:45<br>PWR! Moves (PR)<br>3:00-4:00<br>Putting with Peers (PG)  | <b>13</b><br>9:00-9:45<br>Water Aerobics (P)<br><br>11:15-11:45<br>Pilates (PR) |
| <b>14</b><br>Closed | <b>15</b><br>10:00-10:30<br>Sit to be Fit (PR)<br><br>11:00-11:45<br>PWR! Moves (PR)<br><br>1:00-1:45<br>Arthritis Aqua Stretch (P)                        | <b>16</b><br>9:00-9:45<br>Water Aerobics (P)<br>10:00-10:30<br>Chair Yoga with Balance (PR)<br>11:15-11:45<br>Functional Training (PR)<br>2:00-3:00<br>Open Gym (HC)                                | <b>17</b><br>10:00-10:30<br>Sit to Be Fit (PR)<br>10:30-11:30<br>Open Gym (HC)<br>1:00-1:45<br>Arthritis Aqua Stretch (P)<br>3:00-3:45<br>Machine Circuit (HC)                                | <b>18</b><br>9:00-9:45<br>Water Aerobics (P)<br>10:30-11:00<br>Core Power (CH)<br>11:15-11:45<br>Functional Training (PR)<br><b>2:00 Olympic Games Info Meeting *</b><br>5:00-5:45<br>Advanced Water Aerobics (P)   | <b>19</b><br>10:00-10:45<br>Circuit Power (PR)<br>11:00-12:00<br>Open Gym (HC)<br>11:00-11:45<br>Parkinson's Support Group (GR)<br>3:00-4:00<br>Putting with Peers (PG)   | <b>20</b><br>9:00-9:45<br>Water Aerobics (P)<br><br>11:15-11:45<br>Pilates (PR) |
| <b>21</b><br>Closed | <b>22</b><br>10:00-10:30<br>Sit to be Fit (PR)<br><br>11:00-11:45<br>PWR! Moves (PR)<br><br>1:00-1:45<br>Arthritis Aqua Stretch (P)                        | <b>23</b><br>9:00-9:45<br>Water Aerobics (P)<br>10:00-10:30<br>Chair Yoga with Balance (PR)<br>11:15-11:45<br>Functional Training (PR)<br>2:00-3:00<br>Open Gym (HC)                                | <b>24</b><br>10:00-10:30<br>Sit to Be Fit (PR)<br>10:30-11:30<br>Open Gym (HC)<br>1:00-1:45<br>Arthritis Aqua Stretch (P)<br>3:00-3:45<br>Machine Circuit (HC)                                | <b>25</b><br>9:00-9:45<br>Water Aerobics (P)<br>10:30-11:00<br>Core Power (CH)<br>11:15-11:45<br>Functional Training (PR)<br>5:00-5:45<br>Advanced Water Aerobics (P)   | <b>26</b><br><b>10:00 Olympics Opening Ceremony (PR) *</b><br>11:00-12:00<br>Open Gym (HC)<br>11:00-11:45<br>PWR! Moves (PR)<br>3:00-4:00<br>Putting with Peers (PG)<br><b>*No Circuit Power*</b>  | <b>27</b><br>9:00-9:45<br>Water Aerobics (P)<br><br>11:15-11:45<br>Pilates (PR) |
| <b>28</b><br>Closed | <b>29</b><br>10:00-10:30<br>Sit to be Fit (PR)<br>11:00-11:45<br>PWR! Moves (PR)<br>1:00-1:45<br>Arthritis Aqua Stretch (P)<br><b>1:00 Olympic Games *</b> | <b>30</b><br>9:00-9:45<br>Water Aerobics (P)<br>10:00-10:30<br>Chair Yoga with Balance (PR)<br>11:15-11:45<br>Functional Training (PR)<br><b>1:00 Olympic Games *</b><br>2:00-3:00<br>Open Gym (HC) | <b>31</b><br>10:00-10:30<br>Sit to Be Fit (PR)<br>10:30-11:30<br>Open Gym (HC)<br>1:00-1:45<br>Arthritis Aqua Stretch (P)<br><b>1:00 Olympic Games *</b><br>3:00-3:45<br>Machine Circuit (HC) | <p>The Paris 2024 Olympics begin Friday, July 26th and end Sunday, August 11th.</p>  <p>Join the Summit Olympic games to participate in different team events. Keep a lookout for the information meeting, the open ceremony and calendar changes with the events starting, July 26th.</p> |   |   |