

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 Tuesdays & 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 & Wednesdays 1:00-1:45pm , Friday Self Led

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*

Billiards: Wednesdays 3:00-4:00pm

Head the Billiard room on the 2nd floor to play in a game of pool. This is assisted by a wellness staff member. *All Skills*

Core Power: Tuesdays & 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*

Yard Game Roulette: Tuesdays 2:00-3:00pm

In this activity, there will be a variety of yard games to be played, featuring a new one each week. *All Skills*

Open Gym: Monday & Wednesdays 11:00am-12:00pm, Thursdays 1:30-2:30pm

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: Fridays 10:00-10:30am

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: 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*

Shuffleboard: Mondays & Fridays 3:00-4:00pm

Learn the basics of shuffleboard, a classic table game that requires skill and strategy. Use this time as a chance to gather with other shuffleboard players and play in a friendly competition. *All 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. All exercises are performed seated. *Beginner Skills*

Stretch & Balance: Wednesdays & Saturdays 11:15-11:45am

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*

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!

November 2024

CALENDAR CHANGES!!!!

There are many changes this month on our Health Club calendar.

In addition to other classes, here are some of the new classes/events we have starting in November:

Mondays 3:00pm Shuffleboard (GR)

Tuesdays 2:00 Yard Game Roulette (GR)

Wednesdays

- 10:00am Circuit Power (PR),
- 11:15am Stretch & Balance (PR),
- 1:45pm Aqua Balance (P),
- 3:00 Billiards (BR)

Thursdays 10:30am Core Power (CH)

Fridays

- 10:00am Pilates (PR)
- 1:00pm Self-Led Aqua Arthritis Stretch (P)

Saturdays 11:15am Stretch & Balance (PR)

Please read the calendar to see what classes are offered each day, in addition to the new ones! Class descriptions are on the back page of the Health Club newsletter please be sure to read it over.



· NOTICE · NEW HOURS

Monday– Thursday

7:00am-6:00pm

Fridays

7:00am-5:00pm

Saturdays

8:00am-1:00pm

FAMILY SWIM HOURS

Monday– Friday 3:30pm-4:30pm

Saturdays 10:00am-12:00pm

All Family Swim info can be found on the calendar side of the newsletter.

POOL USAGE

Starting this month, Park Nicollet will be using our pool space for therapy clients. They will be here Mondays & Wednesdays 8:00-11:00am, Tuesdays 1:30-5:15pm & Fridays 3:00-5:00pm. You have access to the pool during any of these times but you may see some new faces!



The Summit Club is thankful for YOU!

UPCOMING DATES TO REMEMBER

November 11

Veterans Day

November 28

Thanksgiving - Club Closed

November 29

Alternate Hours 8am-3pm

THE SUMMIT CLUB

Summit Club Hours
(unless otherwise noted)
Monday thru Thursday
7:00am-6:00pm *NEW*
Friday
7:00am-5:00pm *NEW*
Saturday
8:00am-1:00pm
Sundays and Holidays
Closed

Room Key
A/L— AL Library
BR— Billiard Room
HC—Health Club
HW—HydroWorx
P—Pool
PG— Putting Green
PR—Performance Room
PL— Parking Lot
CR—Card Room
CH—Chapel
ILDR— IL Dining Room
AR — Activity 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
Mo Sandozi, Fitness Coordinator
952-995-1021
Nora Schletty, 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
Saturday
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



November 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>Open Gym Times</p> <p>Monday & Wednesday 11:00am-12:00pm</p> <p>Thursday 1:30pm-2:30pm</p>				<p>1 10:00-10:30 *NEW* Pilates (CH) 11:00-11:45 PWR! Moves (GR) 1:00-1:45 *NEW* Self Led Arthritis Stretch (P) 3:00-4:00 Shuffleboard (GR)</p>	<p>2 9:00-9:45 Water Aerobics (P) 11:15-11:45 *NEW* Stretch & Balance (PR)</p>
<p>3 Closed</p>	<p>4 10:00-10:30 Sit to be Fit (PR) 11:00-11:45 PWR! Moves (PR) 1:00-1:45 Arthritis Aqua Stretch (P) 3:00-4:00 *NEW* Shuffleboard (GR)</p>	<p>5 9:00-9:45 Water Aerobics (P) 10:30-11:00 Core Power (CH) 11:15-11:45 Functional Training (PR) 2:00-3:00 *NEW* Yard Game Roulette (GR) 5:00-5:45 Advanced Water Aerobics (P)</p>	<p>6 10:00-10:45 *NEW* Circuit Power (PR) 11:15-11:45 *NEW* Stretch & Balance (PR) 1:00-1:45 Arthritis Aqua Stretch (P) 1:45-2:00 *NEW* Aqua Balance (P) 3:00-4:00 *NEW* Billiards (BR)</p>	<p>7 9:00-9:45 Water Aerobics (P) 10:30-11:00 *NEW* Core Power (CH) 11:15-11:45 Functional Training (PR) 5:00-5:45 Advanced Water Aerobics (P)</p>	<p>8 10:00-10:30 *NEW* Pilates (PR) 11:00-11:45 PWR! Moves (PR) 1:00-1:45 Self Led Arthritis Stretch (P) 3:00-4:00 Shuffleboard (GR)</p>	<p>9 9:00-9:45 Water Aerobics (P) 11:15-11:45 Stretch & Balance (PR)</p>
<p>10 Closed</p>	<p>11 10:00-10:30 Sit to be Fit (PR) 11:00-11:45 PWR! Moves (PR) 1:00-1:45 Arthritis Aqua Stretch (P) 3:00-4:00 Shuffleboard (GR)</p> <p><i>HAPPY Veteran's Day</i></p>	<p>12 9:00-9:45 Water Aerobics (P) 10:30-11:00 Core Power (CH) 11:15-11:45 Functional Training (PR) 2:00-3:00 Yard Game Roulette (GR) 5:00-5:45 Advanced Water Aerobics (P)</p>	<p>13 10:00-10:45 Circuit Power (PR) 11:15-11:45 Stretch & Balance (PR) 1:00-1:45 Arthritis Aqua Stretch (P) 1:45-2:00 Aqua Balance (P) 3:00-4:00 Billiards (BR)</p>	<p>14 9:00-9:45 Water Aerobics (P) 10:30-11:00 Core Power (CH) 11:15-11:45 Functional Training (PR) 5:00-5:45 Advanced Water Aerobics (P)</p>	<p>15 10:00-10:30 Pilates (PR) 11:00-11:45 PWR! Moves (PR) 1:00-1:45 Self Led Arthritis Stretch (P) 3:00-4:00 Shuffleboard (GR)</p>	<p>16 9:00-9:45 Water Aerobics (P) 11:15-11:45 Stretch & Balance (PR)</p>
<p>17 Closed</p>	<p>18 10:00-10:30 Sit to be Fit (PR) 11:00-11:45 PWR! Moves (PR) 1:00-1:45 Arthritis Aqua Stretch (P) 3:00-4:00 Shuffleboard (GR)</p>	<p>19 9:00-9:45 Water Aerobics (P) 10:30-11:00 Core Power (CH) 11:15-11:45 Functional Training (PR) 2:00-3:00 Yard Game Roulette (GR) 5:00-5:45 Advanced Water Aerobics (P)</p>	<p>20 10:00-10:45 Circuit Power (PR) 11:15-11:45 Stretch & Balance (PR) 1:00-1:45 Arthritis Aqua Stretch (P) 1:45-2:00 Aqua Balance (P) 3:00-4:00 Billiards (BR)</p>	<p>21 9:00-9:45 Water Aerobics (P) 10:30-11:00 Core Power (CH) 11:15-11:45 Functional Training (PR) 5:00-5:45 Advanced Water Aerobics (P)</p>	<p>22 10:00-10:30 Pilates (PR) 11:00-11:45 PWR! Moves (PR) 1:00-1:45 Self Led Arthritis Stretch (P) 3:00-4:00 Shuffleboard (GR)</p>	<p>23 9:00-9:45 Water Aerobics (P) 11:15-11:45 Stretch & Balance (PR)</p>
<p>24 Closed</p>	<p>25 10:00-10:30 Sit to be Fit (PR) 11:00-11:45 PWR! Moves (PR) 1:00-1:45 Arthritis Aqua Stretch (P) 3:00-4:00 Shuffleboard (GR)</p>	<p>26 9:00-9:45 Water Aerobics (P) 10:30-11:00 Core Power (CH) 11:15-11:45 Functional Training (PR) 2:00-3:00 Yard Game Roulette (GR) 5:00-5:45 Advanced Water Aerobics (P)</p>	<p>27 10:00-10:45 Circuit Power (PR) 11:15-11:45 Stretch & Balance (PR) 1:00-1:45 Arthritis Aqua Stretch (P) 1:45-2:00 Aqua Balance (P) 3:00-4:00 *NEW* Pool Volleyball (P)</p>	<p>28 CLUB CLOSED</p> <p><i>HAPPY Thanksgiving</i></p>	<p>29 10:00-10:30 Pilates (PR) 11:00-11:45 PWR! Moves (PR) 1:00-1:45 Self Led Arthritis Stretch (P) *ALTERNATE HOURS* 8:00am-3:00pm</p>	<p>30 9:00-9:45 Water Aerobics (P) 11:15-11:45 Stretch & Balance (PR)</p>