

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 & Fridays 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](#)

Billiards: Wednesdays 3:00-4:00pm

Head to the billiard room on the 2nd floor to play in a game of pool. This is assisted by a wellness staff member. [All Skills](#)

Circuit Power: Wednesdays 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 exercises varying from 1-3 minutes.

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](#)

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 3:00-4:00pm, Fridays 3:30-4:30pm

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!

January 2025

HAPPY NEW YEAR!

WINTER POOL PALOOZA

Let's celebrate the festivities of the winter carnival with a Winter Pool Palooza! Summit Place residents, join us on Tuesday, January 28th at 2:00pm and enjoy a sweet treat and either play or watch the resident and staff pool volleyball game! This is an in-house party; **the lap pool will be closed to community members from 1:30-3:00pm.**



LOCKER ROOM LOCKERS

Friendly reminder that items stored in lockers or locker rooms are for personal use only and are not intended for communal access. Residents, community members, or any individuals are prohibited from accessing occupied lockers and removing or using the items stored within. These items are considered personal property and should not be disturbed.

Please note that lockers are not equipped with locks, and Summit Place is not responsible for any lost or stolen items. If you wish to secure your belongings, you may bring and use your own lock during the day. Any items left in lockers at the end of the day will be collected and taken to the lost and found. Lockers may not be used to store items overnight.

Thank you for your cooperation.



SALT AND SAND

Salt and sand from shoes can cause damage to the exercise equipment.

Please refrain from wearing your outdoor shoes on the equipment.

Thank you.

FROSTY CHALLENGE



The holidays have passed, and if you're like many people, you may have enjoyed a few too many sweets while exercise took a backseat. Now is the perfect time to get back on track and start the new year with the Frosty Challenge! The Frosty Challenge is a fun competition designed to promote exercise and healthy eating. An informational meeting and registration will take place on Tuesday, January 7th, at 10:00am in the Performance Room.

NEW YEAR HYDROWORX POOL SPECIAL

Start the new year by trying something new! No swimming skills are needed to enjoy the HydroWorx therapy pool. The adjustable floor rises to the deck for easy access, and the 94-degree water soothes joints and muscles while you exercise. Benefits include:

- Increased muscle tone
- Improved range of motion
- Improved circulation
- Enhanced balance and coordination
- Decreased pain levels
- Reduced stress on muscles, bones, and joints

This month, buy one 30-minute HydroWorx session get a second one FREE! Visit the wellness staff to book your appointment.

Offer ends January 31st.

UPCOMING DATES TO REMEMBER

December 31	Holiday Hours 7:00am-3:00pm
January 1	New Years Day—Club Closed
January 7	Frosty Challenge Info Meeting
January 22	Fall Prevention Presentation

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
 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



January 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Open Gym Times Monday & Wednesday 11:00am-12:00pm Thursday 1:30pm-2:30pm		1 Club Closed 	2 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)	3 10:00-10:30 Pilates (PR) 11:00-11:45 PWR! Moves (PR) 1:00-1:45 Arthritis Aqua Stretch (P) 3:30-4:30 Shuffleboard (GR)	4 9:00-9:45 Water Aerobics (P) 11:15-11:45 Stretch & Balance (PR)
5 Closed	6 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)	7 9:00-9:45 Water Aerobics (P) 10:00 (PR) Frosty Challenge Info Meeting * 10:30-11:00 Core Power (CH) 11:15-11:45 Functional Training (PR) 5:00-5:45 Advanced Water Aerobics (P)	8 10:00-10:45 Circuit Power (PR) 11:15-11:45 Stretch & Balance (PR) 3:00-4:00 Billiards (BR) *No Arthritis Aqua Stretch*	9 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)	10 10:00-10:30 Pilates (PR) 11:00-11:45 PWR! Moves (PR) 1:00-1:45 Arthritis Aqua Stretch (P) 3:30-4:30 Shuffleboard (GR)	11 9:00-9:45 Water Aerobics (P) 11:15-11:45 Stretch & Balance (PR)
12 Closed	13 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)	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)	15 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)	16 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)	17 10:00-10:30 Pilates (CH)* 11:00-11:45 Parkinson's Support Group (GR) 1:00-1:45 Arthritis Aqua Stretch (P) 3:30-4:30 Shuffleboard (GR)	18 9:00-9:45 Water Aerobics (P) 11:15-11:45 Stretch & Balance (PR)
19 Closed	20 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)	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)	22 10:00-10:45 Circuit Power (PR) 11:15-11:45 Stretch & Balance (PR) 1:00 (PR) Fall Prevention Presentation * 3:00-4:00 Billiards (BR) *No Arthritis Aqua Stretch*	23 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)	24 10:00-10:30 Pilates (PR) 11:00-11:45 PWR! Moves (PR) 1:00-1:45 Arthritis Aqua Stretch (P) 3:30-4:30 Shuffleboard (GR)	25 9:00-9:45 Water Aerobics (P) 11:15-11:45 Stretch & Balance (PR)
26 Closed	27 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)	28 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 Winter Pool Palooza (P) 5:00-5:45 Advanced Water Aerobics (P)	29 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)	30 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)	31 10:00-10:30 Pilates (PR) 11:00-11:45 PWR! Moves (PR) 1:00-1:45 Arthritis Aqua Stretch (P) 3:30-4:30 Shuffleboard (GR)	