

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*

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 & Wednesdays 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*

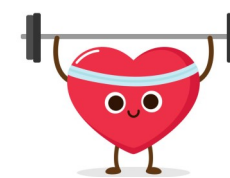
Water Aerobics: Tuesdays, Thursdays & Saturdays 9:00-9:45am;

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*

February 2025

HEART HEALTH AWARENESS MONTH

February is Heart Health Awareness Month, highlighting the importance of exercise in maintaining a healthy heart. The American Heart Association recommends 30 minutes of physical activity five days a week to enhance heart health and reduce the risk of heart disease. Those who exercise regularly have a lower chance of experiencing sudden heart attacks or other serious cardiac events.



EXERCISE PROMOTES HEART HEALTH

Regular physical activity strengthens the heart muscle, improving its ability to pump blood to the lungs and throughout the body. Over time, the cardiovascular benefits of exercise include a decreased resting heart rate, improved lung capacity for deeper breaths, reduced resting blood pressure, more calories burned to aid weight loss, and a lower risk of heart disease. Exercise also enhances the muscles' ability to extract oxygen from the blood, further improving overall efficiency. Additionally, consistent physical activity helps reduce the risk of heart attacks and other health-related conditions.

FREE BLOOD PRESSURE SCREENINGS

Free blood pressure screenings will be offered throughout the day Tuesday, February 4th in the Health Club from 7am-4pm. No sign-up required.

NATIONAL WEAR RED DAY

National Wear Red Day is on Friday, February 7th, to help raise awareness about heart disease, the leading cause of death in the U.S. Wear your red to the Health Club, and be entered into a drawing for a chance to win a FREE 30-minute HydroWorx session!



HEART HEALTH HUNT

Start your scavenger hunt by picking up a clue sheet at the Health Club on Monday, February 24th. The sheet will guide you to different destinations, each featuring a multiple-choice question about heart health. Complete the sheet and return it to the Health Club to claim your prize. The scavenger hunt concludes on Friday, February 28th. Don't miss out!



COUNT THE KISSES



Place your guess on how many Hershey Kisses are in the jar at the front desks. Winner gets the jar! This will go until February 14th, Valentines Day!

IS THIS CLASS RIGHT FOR ME?

It is important that you are participating in the right class for you. You will see greater improvements when performing exercises that are designed for your current fitness level. The last page of the calendar features class descriptions, including ability levels. If you are unsure what classes are right for you, please see staff for assistance.

UPCOMING DATES TO REMEMBER

February 4th	Blood Pressure Screenings
February 7th	National Wear Red Day
February 14th	Valentine's Day
February 17th	President's Day

THE SUMMIT CLUB

Summit Club Hours (unless otherwise noted)

Monday– 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

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 pro-**

gram. Thank you. Cost is \$2 per guest of members and



February 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Open Gym Times Monday & Wednesday 11:00am-12:00pm Thursday 1:30pm-2:30pm					1 9:00-9:45 Water Aerobics (P) 11:15-11:45 Stretch & Balance (PR)
2 Closed	3 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)	4 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) *Free Blood Pressure Screenings*	5 10:00-10:45 Circuit Power (PR) 11:15-11:45 Stretch & Balance (PR) 3:00-4:00 *NEW* Shuffleboard (GR) *No Arthritis Aqua Stretch*	6 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)	7 10:00-10:30 Pilates (PR) 11:00-11:45 PWR! Moves (PR) 1:00-1:45 Self Led Arthritis Stretch (P)* 3:30-4:30 Shuffleboard (GR)	 8 9:00-9:45 Water Aerobics (P) 11:15-11:45 Sit to be Fit (PR) *
9 Closed	10 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)	11 9:00-9:45 Water Aerobics (P) 10:30-11:00 Core Power (CH) 11:15-11:45 Functional Training (PR) 2:30 Pool Volleyball (P) * 5:00-5:45 Advanced Water Aerobics (P)	12 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 Shuffleboard (GR)	13 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)	14 *No Pilates* 11:00-11:45 PWR! Moves (PR) 1:00-1:45 Arthritis Aqua Stretch (P) 3:30-4:30 Shuffleboard (GR) <i>Happy Valentine's Day</i>	15 9:00-9:45 Water Aerobics (P) 11:15-11:45 Stretch & Balance (PR)
16 Closed	17 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)	18 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)	19 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 Shuffleboard (GR)	20 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)	21 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)	22 9:00-9:45 Water Aerobics (P) 11:15-11:45 Stretch & Balance (PR)
23 Closed	24 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)	25 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)	26 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 Shuffleboard (GR)	27 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)	28 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)	

