

## 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-min 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.

### **AB-Solutely Fabulous:** [Saturday: 10:00-10:30 AM](#)

Learn and practice exercises in the pool that strengthen your abdominal muscles. While the pool is no more than four feet deep, many exercises will be performed without feet on the ground using buoyancy equipment to float. [Basic Skills Required](#)

### **Advanced Water Aerobics:** [Tuesday: 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 Required](#)

### **Ai Chi:** [Saturday:10:30-11:00 AM](#)

In this water class the ancient discipline of Tai Chi combines agile steps, joint safe exercises and mental strength to improve mobility, breathing, balance and relaxation in ways that help you feel greater control over your everyday life. To facilitate relaxation, talking is minimal. [Beginner Skills](#)

### **Arthritis Foundation Aquatic Exercise:** [Tues & Thurs 2:00-2:45 PM. Self Directed: Monday & Friday:9:30-10:15AM](#)

Perfect class for those individuals wanting to start an exercise program. The class consists of basic strength, flexibility and range of motion exercises for an overall workout. [Beginner Skills](#)

### **Aqua Beat:** [Saturday: 9:30-10:00 AM](#)

Aqua Beat features Latin music and dance steps that are sure to move and energize you. Don't worry about two left feet; aside from creating a low impact environment, water is very forgiving when it comes to dancing and this class is about having fun! [Basic Skills Required](#)

### **Aqua Beat-Tune it Up!** [Thursday: 5:00-5:45 PM](#)

Ditch the workout and the join the party! This high energy dance aerobic workout will take your water exercise to new levels. This class is a partnership with the Eden Prairie School District. [Developed Skills Required](#)

### **Bouncing for Balance:** [Tuesday and Thursday: 11:15-11:45 AM](#)

This class uses small Pilates or yoga balls for strength training postural muscles. Bouncing for balance requires basic knowledge and skill levels. Exercises will be performed in seated and standing positions. [Developed Skills Required](#)  
[Beginner Skills](#)

### **Flex to be Fit:** [Saturday: 11:30 AM-12:00 PM](#)

Loosen up and Relax! This 30 minute class works on full body flexibility and range of motion. Benefits include increased blood circulation, stress reduction and improved posture. Can be performed seated or standing. [Beginner Skills Required](#)

### **Loose and Limber-Seated:** [Monday & Friday: 11:00-11:30 AM](#)

A gentle way to build muscle strength and stay flexible while being seated. We have combined our seated chair class and ball class to create a fun environment to sit and be fit. Anyone wanting to exercise on the ball must first contact one of the fitness staff in the Summit Club. [Beginner Skills](#)

### **Loose and Limber-Seated Dance:** [Wednesday: 11:00-11:30 AM](#)

Seated dance class features music from Big Band to Latin with dance moves to get you moving in your seat. Don't worry about two left feet, this class is about moving your body and having fun! [Beginner Skills](#)

### **Movement Matters:** [Wednesday: 9:30-10:15 AM](#)

Get your body moving more in the pool where you have a safe and comfortable environment for your muscles and joints. Give your cardiovascular system a workout while practicing strength and balance. [Developed Skills Required](#)

### **PWR! Moves:** [Thursday: 11:15 AM-12:15 PM](#)

Exercises in this class 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 symptoms that interfere with everyday movement. [Beginner Skills Required](#)

### **Water Aerobics:** [Tuesday & Thursday: 9:30-10:15 AM](#)

This fast paced class uses high(er) intensity interval training to improve overall strength and cardiovascular endurance. Move to music from the oldies and today's hits. [Developed Skills Required](#)

### **Yoga for Balance** [Wednesday & Friday: 10:15-11:00 AM](#)

This safe and gentle form of yoga is practiced sitting on a chair or using a chair for support. This class will focus on breathing techniques, stretching, yoga postures, meditation and relaxation. No experience necessary. [Beginner Skills Required](#)

**SILVERADVANTAGE: GIVING YOU THE R.E.S.P.E.C.T. YOU DESERVE!**



# THE SUMMIT CLUB



February 2019

## Athlete of the Month

February's Athlete of the Month is Lowell Turner! Lowell has been a resident at Summit Place for about 1 year and loves spending time at Summit Place. Read below to hear more about his journey through wellness.

### Q. Why is health, wellness, and fitness important to you?

A. I want to walk with a cane again and dance with my wife!

### Q. What are some things you do to help maintain or improve your health?

A. I use the NuStep every day of the week.

### Q. What are some of your hobbies?

A. Dancing, hunting, playing cribbage and singing.

### Q. Has fitness been an important component in your life? If so, how?

A. It is especially now since I can't sing and dance right now. I have been spending most of my time exercising on the NuStep.

### Q. Tell us a fun fact about yourself.

A. I really enjoy visiting with the residents here at Summit. I am a 70 year member of the Masonic Lodge.

### Q. What is your favorite machine in the health club?

A. The NuStep and I love working in the HydroWorx pool.

### Q. What is your favorite class or activity?

A. I enjoy going to all the events and concerts in the Performance Room

### Q. What advice would you give to others working towards a balanced lifestyle, healthy living and fitness?

A. Keep active and stay involved.



## Understanding Alzheimer's and Dementia

On Tuesday, February 12th, Kathryn Hoy from the Alzheimer's Association will be at Summit Place to present: "[Understanding Alzheimer's Dementia.](#)" Join this discussion to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources. This presentation will be held at 3:30 pm in the Performance Room and is open for all.

## Heart Health Month

February is Heart Health month so let's celebrate this joyous occasion together! Join us on Wednesday, February 27th, and wear red. Join Shelly at 10:15-11:00 for a educational presentation and demonstration of yoga and breathing techniques. These techniques include some of the basic movements and breathing techniques that are practiced in Yoga for Balance Class. This discussion will be followed by a special Mindfulness and Meditation Class led by Trish at 11:00-11:45. After class, take a stroll down to the health club to enjoy a heart healthy snack and learn fun facts and tips on heart health. Yoga for Balance and Loose and Limber-seated dance will be canceled for the day.



## Dates to Remember

February 12: Understanding Alzheimer's and Dementia Discussion, 3:30-4:30

February 27: Heart Health Celebration Day—Wear Red!

February 14: Valentines Day

### Summit Club Hours (unless otherwise noted)

**Monday-Thursday**  
7:00 AM-6:00 PM  
**Friday**  
7:00 AM-5:00 PM  
**Saturday**  
8:00 AM-3:00PM  
**Sundays and Holidays**  
Closed

### Room Key

**A/L**– AL Library  
**HC**–Health Club  
**HW**–HydroWorx  
**P**–Pool  
**PR**–Performance Room  
**CR**– Card Room  
**CH**– Chapel  
**IDR**– IL Dining Room

### Family Swim Schedule (unless otherwise noted)

**Monday-Friday**  
3:30-4:30



**Saturday**  
12:30-2:00

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.

### Location and Contact Information

8505 Flying Cloud Drive  
Eden Prairie, MN 55344  
www.summitplacecampus.com  
952-995-1006

**Summit Club**  
952-995-1021  
**Laurie Sparks, Director of Wellness**  
952-995-1022

**Shelly Carroll, Fitness Coordinator**  
952-995-1021

**Chelsea Buescher, Fitness Coordinator**  
952-995-1021

**Park Nicollet Clinic (HydroWorx Physical Therapy)**  
952-993-7470

**Courage Kenny (Aquatic Physical Therapy)**  
763-520-0312

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Is This Class Right For Me?</b> 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.						1 9:30-10:15 *Self Directed* Arthritis Foundation (P) 10:15-11:00 Yoga for Balance (PR) 11:00-11:30 Loose and Limber-seated (PR)
3 Closed	4 9:30-10:15 *Self Directed* Arthritis Foundation (P) 11:00-11:30 Loose and Limber-seated (PR)	5 9:30-10:15 Water Aerobics (P) 11:15-11:45 Bouncing for Balance (PR) 2:00-2:45 Arthritis Foundation (P) 5:00-5:45 Advanced Water Aerobics (P)	6 9:30-10:15 Movement Matters (P) 11:00-11:30 *class change* Loose and Limber-seated (PR)  *No Yoga for balance*	7 9:30-10:15 Water Aerobics (P) 11:15-12:15 PWR! (PR) 11:15-11:45 Bouncing for Balance (CR) 2:00-2:45 Arthritis Foundation (P) 5:00-5:45 Aqua Beat-Tune it Up! (P)	8 9:30-10:15 *Self Directed* Arthritis Foundation (P) 10:15-11:00 Yoga for Balance (PR) 11:00-11:30 Loose and Limber-seated (PR)	9 9:30-10:00 Aqua Beat (P) 10:00-10:30 Ab-solutley Fabulous (P) 10:30-11:00 Ai Chi (P) 11:30-12:00 Flex to be Fit (PR)  *No Flex to be Fit*
10 Closed	11 9:30-10:15 *Self Directed* Arthritis Foundation (P) 11:00-11:30 Loose and Limber-seated (PR)	12 9:30-10:15 Water Aerobics (P) 11:15-11:45 Bouncing for Balance (PR) 2:00-2:45 Arthritis Foundation (P) 5:00-5:45 Advanced Water Aerobics (P)	13 9:30-10:15 Movement Matters (P) 10:15-11:00 Yoga for Balance (PR) 11:00-11:30 Loose and Limber-seated dance (PR)	14 9:30-10:15 Water Aerobics (P) 11:15-12:15 PWR! (PR) 2:00-2:45 Arthritis Foundation (P) 5:00-5:45 Aqua Beat-Tune it Up! (P)  *No Bouncing for Balance*	15 9:30-10:15 *Self Directed* Arthritis Foundation (P) 10:15-11:00 Yoga for Balance (PR) 11:00-11:30 Loose and Limber-seated (PR)	16 9:30-10:00 Aqua Beat (P) 10:00-10:30 Ab-solutley Fabulous (P) 10:30-11:00 Ai Chi (P)  *No Flex to be Fit*
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24 Closed	25 9:30-10:15 *Self Directed* Arthritis Foundation (P) 11:00-11:30 Loose and Limber-seated (PR)	26 9:30-10:15 Water Aerobics (P) 11:15-11:45 Bouncing for Balance (PR) 2:00-2:45 Arthritis Foundation (P) 5:00-5:45 Advanced Water Aerobics (P)	27 9:30-10:15 Movement Matters (P) 10:15-11:00 Yoga and Breathing Techniques (PR) 11:00-11:30 Mindfulness and Meditation (PR)  *No Yoga for Balance* *No Loose and Limber-Seated Dance*	28 9:30-10:15 Water Aerobics (P) 11:15-12:45 PWR! (PR) 11:15-11:45 Bouncing for Balance (CR) 2:00-2:45 Arthritis Foundation (P) 5:00-5:45 Aqua Beat-Tune it Up! (P)		

