

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 and strength building to music. This 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 Required*

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

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 Required*

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 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: *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*

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 Required*

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 Required*

Loose and Limber-Seated Plus! *Tuesday: 11:15 AM-12:00 PM*

This class is a step up from Loose and Limber-Seated that will focus on strength and endurance while incorporating free weights, bands and other strength promoting equipment. Exercises can be performed seated and standing.

Nordic Walking: *Wednesday: 9:00 AM-9:45 AM*

Step your way to a stronger you. Nordic Walking is proven to be more beneficial in both strength and aerobic exercise than conventional walking. This class will work on overall strength and endurance using the Nordic walking poles. *Beginner 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: 10:00-10:45 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*



SUMMIT CLUB
PROMOTING WELLNESS FOR A VIBRANT LIFE

OCTOBER 2019

Active Aging Week

Clear your schedules for another fun-filled Active Aging Week with the theme of "Redefining Active." This year's event will start on Monday, September 30th and continue through Saturday, October 5th. Join us for a week jammed-packed with special events including: An introduction to Uber, a presentation on CBD, cooking demonstrations, movies and much more!

After the Kick-Off event on Monday morning, we are VERY excited to be hosting a chili cook-off from 11:30-1:00 PM in the Independent Living Dining Room. We encourage all who are interested to enter your BEST CHILI and compete



against fellow staff, residents and club members. All participants must register with Laurie in the health club by Wednesday, September 25th. Details and instructions will be given when registering. Not interested in cooking and just want to taste? Pay \$5.00 at the door to sample each entry and vote for your favorite. All proceeds will go to the Alzheimer's Association. Winners will be announced at the end of the competition.

During this week-long event we will also be holding a food-drive for The VEAP Organization located in Bloomington. VEAP is a basic needs organization who's programs include access to healthy foods, housing stability and social services. VEAP takes a holistic approach to program delivery together with it's partners to build a stronger community. Help us workout hunger by donating healthy pantry staples and low-sodium, low-sugar canned goods. They also accept donations of baby products and personal care items. All donations can be brought to the health club.

Registration for the week will be available at both Independent and Assisted Living Front Desks beginning Monday, September 30th. **Please note: The Club calendar will be different for the week. Be sure to check the Active Aging Week Calendar prior to coming to classes.**

Eden Prairie School District

Please join us in welcoming back the Eden Prairie School District for evening classes. They will be here on Tuesdays for Advanced Water Aerobics at 5:00 PM and on Thursdays at 5:00 PM for Aqua Beat-Tune it Up! These classes are open to all residents and members who are interested.

Magazines Needed

Have any old or unwanted magazines? The health club will gladly take them off of your hands. If you have any that you wish to get rid off please bring them down to the health club.

Spooktacular Workout

Join us on Halloween for extra spooky classes! Get in the spirit by working out to Halloween hits. Masks will be available to wear during classes as well.



Dates to Remember

September 30 -October 5th:

Active Aging Week

October 31st: **Halloween**



**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
BY– Backyard
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
		1	2	3	4	5
	Active Aging Week 2019: Monday, September 30th– Saturday, October 5th Please see The Active Aging Week calendar for class schedules					9:30-11:00 Circuit Exercise (P) *No Instructor Led Classes*
6 Closed	7 9:30-10:15 *Self Directed* Arthritis Foundation (P) 11:00-11:30 Loose and Limber-seated (PR)	8 9:30-10:15 Water Aerobics (P) *No Loose and Limber-Seated Plus!* *No Arthritis Foundation*	9 9:00-9:45 Nordic Walking (PR) 10:00-10:45 Yoga for Balance (PR) 11:00-11:30 Loose and Limber-seated dance (PR)	10 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)	11 9:30-10:15 *Self Directed* Arthritis Foundation (P) 10:00-11:00 Yoga for Balance (PR) 11:00-11:30 Loose and Limber-seated (PR) 11:30-12:15 Tai Chi (PR)	12 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)
13 Closed	14 9:30-10:15 *Self Directed* Arthritis Foundation (P) 11:00-11:30 Loose and Limber-seated (PR)	15 11:15-12:00 (CR) Loose and Limber– seated plus! 2:00-2:45 Arthritis Foundation (P) * No Water Aerobics*	16 9:00-9:45 Nordic Walking (PR) 11:00-11:30 *Class Change* Loose and Limber-seated (PR) *No Yoga for Balance*	17 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)	18 9:30-10:15 *Self Directed* Arthritis Foundation (P) 10:00-11:00 Yoga for Balance (PR) 11:00-11:30 Loose and Limber-seated (PR) 11:30-12:15 Tai Chi (PR)	19 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*
20 Closed	21 9:30-10:15 *Self Directed* Arthritis Foundation (P) 11:00-11:30 Loose and Limber-seated (PR)	22 9:30-10:15 Water Aerobics (P) 11:15-12:00 (CR) Loose and Limber– seated plus! 2:00-2:45 Arthritis Foundation (P) 5:00-5:45 Advanced Water Aerobics (P)	23 9:00-9:45 Nordic Walking (PR) 10:00-10:45 Yoga for Balance (PR) 11:00-11:30 Loose and Limber-seated dance (PR)	24 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)	25 9:30-10:15 *Self Directed* Arthritis Foundation (P) 10:00-11:00 Yoga for Balance (PR) 11:00-11:30 Loose and Limber-seated (PR) 11:30-12:15 Tai Chi (PR)	26 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)
27 Closed	28 9:30-10:15 *Self Directed* Arthritis Foundation (P) 11:00-11:30 Loose and Limber-seated (PR)	29 9:30-10:15 Water Aerobics (P) 11:15-12:00 (CR) Loose and Limber– seated plus! 2:00-2:45 Arthritis Foundation (P) 5:00-5:45 Advanced Water Aerobics (P)	30 9:00-9:45 Nordic Walking (PR) 10:00-10:45 Yoga for Balance (PR) 11:00-11:30 Loose and Limber-seated dance (PR)	31 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)	