

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](#)

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](#)



THE SUMMIT CLUB



March 2019

Athlete of the Month

March's Athlete of the Month is Pat Thul! Pat has been a member of the Summit Club since November 2018 and has been hard at work ever since! Please read below to hear more of Pat's journey through fitness.

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

A. To get my weight and blood sugars down.

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

A. I come to the club 3 times a week.

Q. What are some of your hobbies?

A. Target shooting.

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

A. Yes, back in the day it assisted with playing sports. Now, I'm trying to get balance back in my life.

Q. Tell us a fun fact about yourself.

A. I love dogs. They find a soft spot in my heart.

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

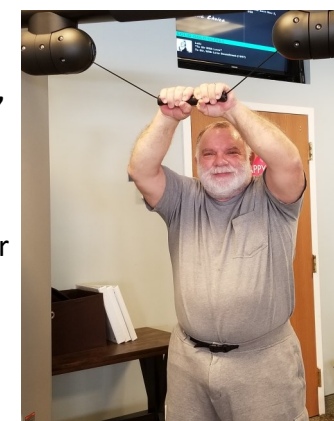
A. The stretching machine, it helps my back and legs.

Q. What is your favorite class or activity?

A. Not a class or activity but Laurie, Chelsea and Shelly are very attentive and really help you find a balance.

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

A. Get out there and try to be active. Even if it seems hard or impossible at first, you'll feel better and with time it will get easier!



MOVES Challenge

It's that time of year again...the MOVES challenge is right around the corner and we are excited to be invited to participate in 2019! This campaign is to inspire others to move and adopt a healthier lifestyle while spreading awareness of the world wide crisis of obesity.

A sedentary lifestyle accompanied by advancements in technology has triggered the rise in obesity that's affecting people across the globe. This challenge aims to inspire others to move and engage in healthy lifestyles while raising awareness for this global epidemic.

It's quite simple: all you need to do is MOVE! By using your key while working out in the club you collect MOVES. All of the MOVES you accumulate during the workout are collected in a database and combined with other Summit Club users. The health club with the most MOVES over a two week period, wins!

Now I know your asking, what's a MOVE? A MOVE is a measurement of energy exerted over the duration and intensity of an exercise. Just keep this in mind: the more you move, the more MOVES you will collect. If you currently do not use a key, please see club staff and we would be happy to set you up with your very own or the team dummy key. We will be competing with 29 different countries and over 1,033 health club facility's including other SilverCrest Properties.

What are you waiting for? Take action! Become more active! Be a part of the energetic and vibrant wellness community and help spread awareness of global obesity and the importance of an active lifestyle! The competition begins March 11 and continues through the 30th. An informational meeting will be held on Wednesday, March 6th, 11:30-12:00.

Dates to Remember

March 6th: MOVES Challenge Informational Meeting

March 11-30: MOVES Challenge!

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
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.						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)
					2 9:30-10:00 *Class Change* Water Aerobics (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)	
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31 Closed			*No Yoga for Balance*			*MOVES Challenge last day*