

## 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 2:00-3:00 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 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.

**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

MARCH 2020

### Let's Move for a Better World

The Summit Club is has been invited to participate in the 2020 Technogym MOVES Challenge! This will be our third year participating in the global-wide social campaign to help fight sedentary lifestyles, obesity and to promote healthy and active lifestyles.

The challenge is quite easy. All you have to do is exercise using a Technogym key on the fitness equipment and collect MOVES. The team (health club) that collects the most MOVES at the end of the challenge, wins. We will be competing against 32 countries with over 196,000 participants!

You might be thinking, what's a MOVE? The Technogym MOVE is based on body displacement in space, therefore it offers the best means to measure and compare participants' activity levels during the Campaign. Keep this in mind: The faster and more often people move, the more MOVES they will collect.

Don't have a key? No worries! Summit Club Staff would be happy to provide you with a temporary key for the challenge or there will be two generic keys stored in the cabinet for all to use as well. Each participant will receive a complementary T-shirt and prizes will be awarded to the top three participants. Additional prizes will be handed out throughout the challenge as well.

What are you waiting for? Get on the move and head on down to the health club to register today! All are welcome to participate. The challenge will begin on March 16th and continue through April 4th. **There will be a group photo on March 24th at 1:00pm in the Performance Room. Please wear your T-shirts!**

LET'S MOVE  
FOR A BETTER WORLD

### Calendar Adjustments

Please be sure to check the calendar prior to attending classes. We have made a few adjustments to March's schedule to accommodate the needs of staff. We appreciate your patience and flexibility.

### Lucky 7's Workout

In the spirit of St. Patrick's Day, add a lucky twist to your workout! Perform the exercises listed below and most importantly, have fun! These exercises will be posted on the bulletin board in the health club.

### Lucky 7's Workout

7 Basic Squats

7 Lateral Raises (standing or seated)

7 Abdominal Crunches on Kinesis

7 TheraBand Rows

7 TheraBand Chest Fly's

7 Good Morning Dumbbell Exercise

7 High Knees

### Upcoming Dates to Remember

March 16th– April 4th

Technogym MOVES Challenge

March 17

Tuesday

St. Patrick's Day



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

**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 9:30-10:15 *Self Directed* Arthritis Foundation (P) 11:00-11:30 Loose and Limber-seated (PR)	3 9:30-10:15 Water Aerobics (P) 2:00-3:00 Arthritis Foundation (P) 5:00-5:45 Advanced Water Aerobics (P)  <b>*No Loose and Limber-seated plus!*</b>	4 <b>10:00-10:45 *Video*</b> <b>Yoga for Balance (PR)</b> 11:00-11:30 Loose and Limber-seated dance (PR)	5 9:30-10:15 Water Aerobics (P) 11:15-12:15 Bouncing for Balance (CR) 2:00-3:00 Arthritis Foundation (P) 5:00-5:45 Aqua Beat-Tune it Up! (P)	6 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)	7 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)		
8 Closed	9 9:30-10:15 *Self Directed* Arthritis Foundation (P) 11:00-11:30 Loose and Limber-seated (PR)	10 9:30-10:15 Water Aerobics (P) 11:15-12:00 (CR) Loose and Limber– seated plus! 2:00-3:00 Arthritis Foundation (P) 5:00-5:45 Advanced Water Aerobics (P)	11 10:00-10:45 Yoga for Balance (PR) 11:00-11:30 Loose and Limber-seated dance (PR)	12 11:15-12:15 Bouncing for Balance (CR) 2:00-3:00 Arthritis Foundation <b>5:00-5:45 *Class Change*</b> <b>Advanced Water Aerobics (P)</b>  <b>*No Water Aerobics*</b>	13 9:30-10:15 *Self Directed* Arthritis Foundation (P) <b>10:00-11:00 *Video*</b> <b>Yoga for Balance (PR)</b> 11:00-11:30 Loose and Limber-seated (PR)	14 9:30-10:00 Water Aerobics (P) 10:00-10:30 Ab-solutley Fabulous (P) 11:30-12:00 Flex to be Fit  <b>*No Ai Chi*</b>		
15 Closed	16 9:30-10:15 *Self Directed* Arthritis Foundation (P) 11:00-11:30 Loose and Limber-seated (PR)	17 9:30-10:15 Water Aerobics (P)  2:00-3:00 Arthritis Foundation (P)  <b>*No Loose and Limber-seated plus!*</b>	18 <b>10:00-10:45 *Video*</b> <b>Yoga for Balance (PR)</b> <b>11:00-11:30 *Class Change*</b> <b>Loose and Limber-seated(PR)</b>	19 9:30-10:15 Water Aerobics (P) 2:00-3:00 Arthritis Foundation (P) <b>5:00-5:45 *Class Change*</b> <b>Advanced Water Aerobics (P)</b>  <b>*No Bouncing for Balance*</b>	20 9:30-10:15 *Self Directed* Arthritis Foundation (P) <b>10:00-11:00 *Video*</b> <b>Yoga for Balance (PR)</b> 11:00-11:30 Loose and Limber-seated (PR)	21 <b>9:30-11:00 Circuit (P)</b>  <b>*No Instructor Led Classes*</b>		
22 Closed	23 9:30-10:15 *Self Directed* Arthritis Foundation (P) 11:00-11:30 Loose and Limber-seated (PR)	24 9:30-10:15 Water Aerobics (P) 11:15-12:00 (CR) <b>1:00-1:30 (PR)</b> <b>MOVES Challenge Group Photo</b> Loose and Limber– seated plus! 2:00-3:00 Arthritis Foundation (P)	25 <b>10:00-10:45 *Video*</b> <b>Yoga for Balance (PR)</b> <b>11:00-11:30 *Class Change*</b> <b>Loose and Limber-seated (PR)</b>	26 11:15-12:15 Bouncing for Balance (CR)  <b>*No Water Aerobics*</b>	27 9:30-10:15 *Self Directed* Arthritis Foundation (P) <b>10:00-11:00 *Video*</b> <b>Yoga for Balance (PR)</b> 11:00-11:30 Loose and Limber-seated (PR)	28 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)		
29 Closed	30 9:30-10:15 *Self Directed* Arthritis Foundation (P) 11:00-11:30 Loose and Limber-seated (PR)	31 9:30-10:15 Water Aerobics (P) 11:15-12:00 (CR) Loose and Limber– seated plus! 2:00-3:00 Arthritis Foundation (P)					<p><b>2020 Technogym MOVES Challenge</b>  <b>March 16th-April 4th</b>  <b>Register today!</b></p>	