



November Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
6:05-7:05am		Get Lifted (Hannah)		Spin* (Amy)	Get Lifted (Hannah)		
8:30-9:30am						Power Yoga (Terry)	
9:00-10:15am				Burn the Bird* 11/23/17	Board Meeting 11/10/2017 9:00am		
9:15-10:15am	20/20/20 (Justin)	9:15-10:30am Gentle Yoga (Terry)		S.I.T (Justin)			
10:30-11:30am	Pilates Mat Class (Deana)			Pilates Mat Class (Deana)			
12:00-1:15pm			12:00-1:00pm Spin/HIIT (Aaron)		Gentle Yoga (Sophie)		
5:30-6:30pm	Ski/Snowboard Conditioning (Hannah)	Spin* (Joel) Zumba (Endah)	Ski/Snowboard Conditioning (Chapin)				Reset & Restore Yoga (Karlie)
6:35-7:35pm	Power Yoga (Karlie)		Vinyasa/Restorative Yoga (Sophie) 6:30-7:30pm Spin* (Aaron)	6:15-7:15pm Vinyasa Flow (Sophie)			

Welcome Homestead's Newest Fitness Instructor, Aaron Borne: Aaron was born and raised in the Vail Valley. He has been part of the fitness industry for over 6 years now and spent the majority of his life as a competitive athlete. He spent last year volunteering in an ambulance service and coaching army soldiers for combat units in Israel. He can't wait to get to know everyone here at Homestead! Join Aaron for one of his new classes in November:

Spinning with Aaron on Wednesdays from 6:30-7:30pm: A cycling class for everyone. Aaron teaches and trains participants with a power based workout that you can translate to every day life activities as well as to your own road bike. His method of teaching is challenge by choice but that's not to say he won't challenge you to give your very best!

New Lunchtime Spin/HIIT Class with Aaron, Wednesdays at noon: Take a break in your day to join Aaron for 30 minutes of spin followed by 30 minutes of high intensity interval training that combines fun and hard work into every work out. Challenge yourself to be a year round athlete with structured classes to help you succeed!

New Reset & Restore Yoga Class with Karlie on Sundays at 5:30pm: In this class, Karlie will teach 30 minutes of power yoga, followed by 30 minutes of restorative yoga. The perfect way to end your weekend! Beginning November 4.

Burn The Bird on Thanksgiving Day: This special fitness class will be held 11/23 from 9:00-10:15am. Come in for a killer workout before you feast! This will be the only fitness class held on Thanksgiving day. Sign up is required. Sign up policy: Homestead owners & their tenants may sign up 48 hours in advance, Non-Resident members may sign up 24 hours in advance and Non-members may sign up the day of the class.

Other Class Changes/Cancellations for November

- Spin with Amy on Thursday mornings has been moved up to 6:05am.
- Morning Fitness Swim with Cass has been taken off the schedule.
- HIIT with Donna has been taken off the schedule.



Fitness Class Descriptions

20/20/20 - An invigorating, fast paced fitness class that challenges your endurance. You will utilize various forms of fitness equipment totaling 20 minutes of intervals, 20 minutes of weights, and 20 minutes of core.

GENTLE YOGA—Gentle yoga is a class designed for the practitioner who is newer to yoga, recovering from an injury, or is looking for modifications to all postures. Our instructor creates a safe environment through alignment to explore your personal boundaries while building strength and flexibility. This practice excludes all inversions and extreme backbends.

GET LIFTED — Get Lifted is a new fitness class that will use a combination of plyometric exercises and lifting weights, keeping the heart rate up for an all around fat burning work out!

HIIT — High Intensity Interval Training with Donna is a class focusing on building strength and incorporating cardio. Try it on Fridays at 9:15am!

PILATES MAT CLASS - An exercise system focused on increasing flexibility and strength for the total body without building bulk. No apparatus is used during this class.

POWER YOGA – This powerful, energetic, playful flowing class has a strong emphasis on breath and allows beginners, intermediate and advanced students to be challenged in the same class. Expect to sweat and challenge yourself with movement and powerful, athletic postures, inventive and thoughtful sequences of sun salutations, standing and seated postures, back bending, and inversions guided by a steady breath to tone and calm the mind. Power Yoga flow will tone, strengthen and rinse your body, clear your mind and leave you with a sense of accomplishment and empowerment.

RESET & RESTORE YOGA — In this class, Karlie will teach 30 minutes of power yoga, followed by 30 minutes of restorative yoga. The perfect way to end your weekend! Beginning Sunday, November 4.

SPIN - A cardio workout without comparison. All instructors incorporate climbing, intervals and steady state training. Guaranteed to make you sweat! Each instructor creates a different design for each class.

SPIN/HIIT — Take a break in your day to join Aaron for 30 minutes of spin followed by 30 minutes of high intensity interval training that combines fun and hard work into every work out. Challenge yourself to be a year round athlete with structured classes to help you succeed!

S.I.T. – “Strength and Interval Training.” Another high energy conditioning class utilizing the step, bo-su, weights and intervals to keep your heart pumping!

SKI & SNOWBOARD CONDITIONING — Strength training is combined with speed work, plyometrics, and agility training, to develop power and endurance for the ski season. This class will get progressively harder as the weeks go on!

TOTAL BODY BLAST — This fast-paced and fun class provides a complete body workout and incorporates strengthening and toning of muscles, sustained cardio and intervals, and finishes with core work and stretching for a well-balanced total body workout!

VINYASA FLOW YOGA— In this yoga class the teacher will encourage you to synchronize your breath to the movement from one pose to the next on an inhale or an exhale. This style of yoga allows for a lot of variety, but you can expect movement, not just stretching.

VINYASA/RESTORATIVE — In a calm meditative atmosphere a half hour is spent stretching with your breath. The remaining time of class is given to guided meditation while exploring the range of motion of your spine supported by bolsters in gentle poses.

ZUMBA — Zumba Fitness is the only Latin-inspired dance-fitness program that blends red-hot international music, and contagious steps to form a "fitness-party" that is downright addictive.