



# January Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
<b>6:05-7:05am</b>		Get Lifted (Hannah)		Wake Up & Ride* (Amy)	Get Lifted (Hannah)		
<b>8:30-9:30am</b>						<b>Yoga (Sophie)</b>	
<b>9:00-10:15am</b>					<b>Board Meeting 1/12/2018 9:00am</b>		
<b>9:15-10:15am</b>	20/20/20 (Justin)	9:15-10:30am Gentle Yoga (Terry)		S.I.T (Justin)			
<b>10:30-11:30am</b>	Pilates Mat Class (Deana)			Pilates Mat Class (Deana)			
<b>12:00-1:15pm</b>			12:00-1:00pm Spin/HIIT (Aaron)		Gentle Yoga (Sophie)		
<b>5:30-6:30pm</b>	<b>Lift the Barre</b> (Hannah)	Spin* (Joel) Zumba (Endah)	Strength & Conditioning (Chapin)				Reset & Restore Yoga (Karlie)
<b>6:35-7:35pm</b>	Power Yoga (Karlie)		Vinyasa/Restorative Yoga (Sophie) 6:30-7:30pm Spin* (Aaron)	6:15-7:15pm Vinyasa Flow (Sophie)			

## January Fitness News

### ***Fit Resolutions with Hannah Ellison***

Get 2018 off to the right start with small group sessions with Homestead personal trainer Hannah Ellison! Hannah has a plan to help you burn off those extra holiday calories and create healthy workout habits that you can maintain throughout the year. Hannah's Fit Resolutions group will meet on Tuesday and Wednesday evenings from 5:00-6:00pm for a different one hour workout each night consisting of weights, plyometrics, agility training, balance and flexibility. First group meeting is Tuesday, January 2nd and the program will run through Wednesday, February 28. Member price is \$360 for the 9 week session. Max of 8 participants. Contact Hannah Ellison at 970-331-1900 to reserve your space.

### ***New Class with Hannah ~ Lift the Barre on Mondays at 5:30pm***

This fast-paced and fun class provides a complete body workout and incorporates strengthening and toning of muscles, sustained cardio and intervals, barre work, and finishes with core work and stretching for a well-balanced total body workout! Try it on Mondays at 5:30pm, beginning Monday, January 8th.

### ***Fitness Changes for January***

- Saturday Morning Yoga will return on Saturday, January 6th at 8:30am with Sophie Watras.
- No fitness classes will be held on January 1.



## 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!

**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!

**LIFT THE BARRE** — This fast-paced and fun class provides a complete body workout and incorporates strengthening and toning of muscles, sustained cardio and intervals, barre work, 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.

**WAKE UP & RIDE WITH AMY** — An intense cycling workout to get your day off to a great start .

**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.