



April Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
6:05-7:05am		Get Lifted (Hannah)			Get Lifted (Hannah)		
8:30-9:30am		8:30-9:15am Yoga Sculpt (Terry)				Yoga (Sophie)	
9:15-10:15am	20/20/20 (Justin)	9:15-10:30am Gentle Yoga (Terry)	Spin/HIIT (Aaron)	S.I.T (Justin)	Board Meeting 4/13/18 9:00am		
10:30-11:30am	Pilates Mat Class (Deana)			Pilates Mat Class (Deana)			
12:00-1:15pm					Gentle Yoga (Sophie)		
5:30-6:30pm	Lift the Barre (Hannah)	Spin* (Joel)	Spin* (Aaron) Strength & Conditioning (Chapin)				Reset & Restore Yoga (Karlie)
6:35-7:35pm	Power Yoga (Karlie)	Nutrition Series Cancer Prevention 4/10/18 5:30pm	Vinyasa/ Restorative Yoga (Sophie)	6:15-7:15pm Vinyasa Flow (Sophie)			

Nutrition Series with Christine Pierangeli Cancer Prevention on April 10 at 5:30pm

This month Christine Pierangeli, certified master nutrition therapist, will discuss nutrition for cancer prevention. This one hour discussion will focus on prevention by supporting natural detoxification, incorporating cancer fighting nutrients, eating super foods and she will also give healthy lifestyle tips. Christine will take questions and provide a healthy recipe using ingredients for cancer prevention for you to try out at home. This class is free for Homestead members. We hope you will join us this month to learn a little more about cancer prevention!

New 45 minute Yoga Sculpt Class from 8:30-9:15am on Tuesdays with Terry Copeland, beginning on Tuesday, April 3. Yoga Sculpt is a high energy yoga class that incorporates free weights, bands and power poses for a full body workout! Participants will get cardio, strength training, and gains in flexibility with each class. All levels are welcome as modifications are always offered and students are encouraged to take it at their own pace and to choose their intensity level. This class is extremely fun, upbeat and a fantastic workout!

New Spin/HIIT class from 9:15-10:15am on Wednesdays with Aaron, beginning on Wednesday, April 4. 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 better athlete with structured classes to help you succeed!

Other Fitness Schedule changes for April:

- Endah's Tuesday evening Zumba class has been taken off the schedule.
- Aaron's Wednesday evening Spin class has been moved to 5:30pm beginning on Wednesday, April 4.
- Aaron's Wednesday Spin/HIIT class at noon 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!

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!

STRENGTH & CONDITIONING - This class incorporates free weights, kettlebells, medicine balls, and body weight exercises. This class blends movements that recruit multiple muscle groups with circuit training for a full body burn.

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.