



November Fitness Schedule

| | Mondays | Tuesdays | Wednesdays | Thursdays | Fridays | Saturdays |
|----------------------|--------------------------------|----------------------------------|-----------------------------------|-----------------------------------|-------------------------------------|-----------------------------|
| 6:05-7:05am | Morning Flow Yoga (Sophie) | Get Lifted (Hannah) | | Get Lifted (Hannah) | | |
| 8:30-9:30am | | 8:30-9:15am Yoga Sculpt (Terry) | ABSolutely Pilates (Kim) | | ABSolutely Pilates (Kim) | Saturday Flow Yoga (Sophie) |
| 9:15-10:15am | 20/20/20 (Justin) | 9:15-10:30am Gentle Yoga (Terry) | | S.I.T (Justin) | Board Meeting 11/9/18 9:00am | |
| 10:30-11:30am | Pilates Mat Class (Deana) | | | Pilates Mat Class (Deana) | | |
| 12:00-1:15pm | | | | | Gentle Yoga (Sophie) | |
| 4:00-5:00pm | After School in Fitness Studio | After School in Fitness Studio | After School in Fitness Studio | After School in Fitness Studio | After School in Fitness Studio | |
| 5:30-6:30pm | Ski & Board Conditioning (Koz) | Spin* (Joel) | Ski & Board Conditioning (Chapin) | | | |
| 6:35-7:35pm | Power Yoga (Karlie) | | Stretch/Restorative Yoga (Sophie) | 6:15-7:15pm Vinyasa Flow (Sophie) | | |

Fall Fitness News

Burn the Bird on Thanksgiving Day with Justin Songer*

This special fitness class will be held Thanksgiving Day, November 22, from 9:00-10:15am with Justin Songer. Come in for a killer workout before you feast! 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.

Gratitude Ride on Thanksgiving Day with Jennifer Sage*

Join us Thanksgiving morning from 9:00-10:30am for a 90-minute cycling circuit of calorie crushing hills and feel-good flats with a few sufferfest sprints. Jennifer's "Gratitude Ride" will help you feel grateful for your fitness and for dragging yourself into the club at 9am on Turkey Day to "pre-burn" your meal! Might as well do it on a bike! 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

Please note all other Fitness Classes are cancelled on Thanksgiving Day.

****Please call the front desk to sign up for classes with an asterisk****

Sign up policy: Homestead homeowners and their tenants may reserve their space 48 hours in advance and Non-resident members may reserve their space 24 hours in advance. Please call 970-926-1067 to sign up.

New classes and/or changed classes are listed in bold



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.

ABSolutely Pilates - Improve core strength and stabilization as you move through this fluid series of floor work exercises designed to strengthen your entire body, improve posture and increase flexibility. Cultivate mindfulness in your movement as precision and flow is emphasized.

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!

MORNING FLOW YOGA — Start your week with a morning wake up class! A flow that gives you time to center yourself on your mat and work into fun, playful movement sequences synced with breath. Many variations available depending on how your morning is going.

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.

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.

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 - Our Ski & Snowboard conditioning class concentrates on the most commonly used muscle groups and movements to help start out your season right and avoid injuries. Some classes will be held outside, so be sure to bring layers!

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.

STRETCH/RESTORATIVE YOGA — 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.