



## February 2020 Newsletter

# Homestead Owners Association & Court Club

### February Events

#### **Free Nutrition Series Heart Health**

Tuesday, February 11 @  
5:30pm in the Fitness Studio

#### **Board & DRC Meeting** Friday, February 14 @ 9am

#### **Annual HOA Meeting\*** Monday, February 17 @ 7:00pm in the HCC Fitness Studio

*\*Please note that all evening  
fitness classes have been  
cancelled due to the meet-  
ing.*

#### **Clubhouse Kids Camp** February 17-21 8:30am-5:15pm

#### **No Junior Tennis Programs** February 17-21

### **General Club Information**

#### Club Hours:

5:55am-10:00pm M-F  
6:30am-10:00pm S-S

#### Phone:

970-926-1067

#### Address:

400 Homestead Drive  
P.O. Box 808  
Edwards, CO 81632

#### Childcare Hours:

8:30am-noon M-F  
3:00pm-6:00pm M-F  
By Appointment Only

#### Website:

Hcchoa.com

## Homestead's Annual Meeting

The Annual Homeowners' Association meeting will be held at the Homestead Court Club on Monday, February 17, at 7:00pm. The agenda and proxy for the meeting has been included on a separate sheet in this mailing to all Homestead homeowners. There will be a vote for two open Board Member seats at the meeting. See the enclosed General Meeting Report for more information on the candidates running for the Board, and the other topics to be discussed at the meeting. The meeting minutes from the 2019 Annual Meeting and 2020 Budget are available on our website, hcchoa.com. For more information on the meeting contact Tracy Erickson at the Club.

## Children's Programming News

**February Break Kids Camps:** Homestead is offering a special session of all day kids camp over the February school break. Camp dates are February 17-21. Our kids camp program is guaranteed to be a fun filled day with a variety of different activities including educational projects, outdoor time, arts & crafts, games, swimming and more! Camp runs from 8:30 a.m. to 5:15 p.m, and is for children ages 5-12. Register now, as space is limited to a maximum of 30. Registration deadline is Friday, February 14. No drop-ins allowed. Registration forms are available at the front desk on our website, [www.hcchoa.com](http://www.hcchoa.com), or by email request to [jillian@homesteadcourtclub.com](mailto:jillian@homesteadcourtclub.com).



*Homestead*

CLUBHOUSE  
FOR KIDS



## February Racquet Sports News

**Winter Junior Tennis Clinics** are going on now. There are a few remaining spots available for the current session. Email [kim@homesteadcourtclub.com](mailto:kim@homesteadcourtclub.com) for more information or to register your child in this fun lifelong sport!

## Tennis Court Booking Reminders

With Winter in full swing our courts are as busy as ever. We would like to remind you of a few of our booking policies:

- Homestead owners and their tenants may book courts two days in advance.
- Non-resident members may book courts one day in advance.
- We do not allow members to book courts for guests. Guests can "walk-in" and play if a court is available.
- If you book a court, you must play during that time. No booking for others.
- Cancellations must be made at least 3 club hours in advance. Late cancellations and no shows will be charged at \$20 fee. If it happens multiple times, your booking privileges may be suspended or revoked.

## Garbage Can Reminder

Homestead would like to remind Homeowners of our declarations and bylaws regarding leaving garbage cans outside. Homestead will be working with, and reporting to, the County Sheriff's office any violations. Please note the following:

*"All garbage or refuse shall be kept within an enclosed portion of the building. On days of trash collection, closed trash cans shall be permitted at the point of collection. Trash cans may not be left outside the night prior to or any subsequent days after collection. No exterior portion of any lot shall be used to store garbage, landscape material, refuse, or any other such material, or containers..."*

If you leave your garbage can outside you will receive a warning from Homestead and possibly a fine from Eagle County.

## January Board & DRC Meeting Highlights

Our January Board & Design Review Committee Meeting was held on Friday, January 10, 2020 at 9:00am. During the Board Meeting, Member Input included discussion on upcoming water district service rate increases, compliments to Eagle County Road and Bridge for maintenance on an ice dam in lower Homestead, and discussion on other proposed Edwards area developments. New Business included an update from the Nominating Committee, stating that both Matt Drummet and Jim Pyke will be re-running for the Board, and approval of the 2020 General Meeting Agenda. The meeting minutes from November 14, 2019 were approved. There was no meeting held in December. The financials from October and November 2019 were also approved. The Directors Report included discussion on the possibility of trail improvements on Homestead Open Space and specifically working with Eagle County Open Space and Eagle Valley Land Trust to ensure the Water Tank trail gets repairs as needed. The meeting adjourned to executive session at approximately 9:39am.

## February Fitness News

### **Free Nutrition Series: Heart Health on February 11**

Join Christine Pierangeli for this month's nutrition discussion on Tuesday, February 11, at 5:30pm. We will celebrate "Heart Month" with a one hour discussion that will focus on improving your overall heart health and reducing your risk of heart disease. Christine will take questions and provide a handout with the information discussed. Free for Homestead members.



### **February Fitness Schedule Changes & Class Cancellations**

- Please note that Gentle Yoga will now be held from 12:00-1:00pm on Fridays
- Please note all evening fitness classes are cancelled on Monday, February 17, due to our Annual HOA meeting.

### **New Machine in the Cardio Area**

We are pleased to announce our latest addition to the cardio area, a Concept 2 Rower. Great for weight loss, toning and building muscles, and increasing stamina, this machine is a fitness game changer. Rowers work out several major muscle groups and will help you develop both your upper and lower body. Most importantly, using a rowing machine gets your heart pumping and lungs working, providing a serious aerobic workout. We hope you will give it a try!

## Full Moon Snowshoe Hike on Friday, February 7

*Led By Mountain Recreation, Eagle County Open Space & Eagle Valley Land Trust*

Mountain Recreation, Eagle County Open Space and Eagle Valley Land Trust, are teaming up to bring you a Full Moon Hike on the Eagle County owned Homestead L Open Space. Get outside, meet your neighbors, learn about local habitats and wildlife, and explore this place we call home! Friday, February 7, from 6:30-8:30pm. Distance is 1-2 miles depending on group. Open to all ages and free to attend. Due to the after-hours nature of this program, this group is strictly limited to 20 participants so sign up now. For more information or to register, please contact Stacey at [stodd@mountainrec.org](mailto:stodd@mountainrec.org) or 970-688-7333. Please note this is not a Homestead sponsored event.

- Hot chocolate and cookies will be provided
- Donations will be accepted for the Community Market Food Bank
- Headlamps or flashlights highly recommended
- Please no dogs on the Homestead hike



# February Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
<b>6:05-7:05am</b>	Morning Flow Yoga (Sophie)	Get Lifted (Hannah)		Get Lifted (Hannah)			
<b>6:15-7:15am</b>		HIIT Spin (Bree)		HIIT Spin (Bree)			
<b>8:30-9:30am</b>		8:30-9:15am Yoga Sculpt (Terry)	ABSolutely Pilates (Kim)		ABSolutely Pilates (Kim)	Saturday Flow Yoga (Sophie)	
<b>9:15-10:15am</b>	20/20/20 (Justin)	9:15-10:30am Gentle Yoga (Terry)		S.I.T (Justin)	<b>Board Meeting 2/14/20 9:00am</b>		
<b>10:30-11:30am</b>	Pilates Mat Class (Deana)						
<b>12:00-1:00pm</b>					<b>Gentle Yoga (Sophie)</b>		
<b>4:00-5:00pm</b>	After School in Fitness Studio	After School in Fitness Studio	4:25-5:25pm Youth Yoga (Allie)	After School in Fitness Studio	After School in Fitness Studio		
<b>5:30-6:30pm</b>	Lift the Barre (Hannah)		Strength & Conditioning (Christina)				5:15-6:15pm Reset & Restore Yoga (Allie)
<b>7:00pm</b>	<b>ANNUAL HOA MEETING* 2/17/20 at 7:00pm</b>						
<b>6:35-7:35pm</b>	Power Yoga (Christy)		Stretch/ Restorative Yoga				

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# 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 looking for modifications to all postures. Our instructor creates a safe environment through alignment to explore your personal boundaries while building strength & flexibility. This practice excludes all inversions & 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) Spin** — HIIT Spin is an indoor cycling workout utilizing the rhythms of various musical genres to alternate bouts of high intensity work with periods of active recovery. We will take on varying “terrain”, utilizing changes in resistance to simulate hills, flat roads, mountain peaks and time trials. Whether you’re looking to sweat a little (or a lot!), burn a few calories, improve your cardiovascular fitness and endurance, or get an endorphin high, this ride does all of the above.

**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.

**RESET/RESTORE YOGA** — Restorative Yoga is a great option after an active weekend or for those recovering from an injury. Restorative yoga is thought of by many as “active relaxation”. It is specifically designed for when you feel fatigued, weak or stressed from daily life. The props used while practicing the various restorative yoga poses are designed to provide support and be conducive to total relaxation. Typically poses are held for longer periods of time (up to 10 minutes) to further healing of the nervous system & fascia tissues. Come relax & recharge to optimize the week ahead!

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

**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.

**YOUTH YOGA CLASS** — Yoga for pre-teens and teens gives youth tools they can use to reduce stress in their lives, promote positive body image, and increase mental/physical strength and flexibility. Each class will include a series of yoga poses, breathing exercises, and meditation practices. Classes will include discussions on how to apply what they learn in yoga class to help them at home, school, and with friends. Each class ends with a period of relaxation and guided meditation.

**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.



# February Pool Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
<b>6:00-8:00am</b>	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	6:30-8:00am Lap Swim	6:30-8:00am Lap Swim
<b>8:00am-9:00am</b>							
<b>9:00am-12:00pm</b>							
<b>1:00-2:00pm</b>	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
<b>2:00-3:30pm</b>							
<b>3:30-5:00pm</b>	After School Group in Pool	After School Group in Pool	After School Group in Pool	After School Group in Pool	After School Group in Pool		
<b>4:30-5:30pm</b>							
<b>5:30-6:30pm</b>							
<b>6:00-9:45pm</b>							

**Pool Room Hours:**

Monday-Friday: 5:55am-9:45pm

Saturday/Sunday: 6:30am-9:45pm

**Lap Swim Hours:**

Monday-Friday: 6:00am-8:00am and 1:00-2:00pm

Saturday/Sunday: 6:30am-8:00am

**No Lap Swim on School Breaks or Holidays**

# Winter Tennis Schedule

Program Time	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
8:00-8:30am						7:30-8:30am Cardio Tennis	
8:30-10:00am						4.0+ Drill & Play Clinic	
9:00-9:30am						10:00-11:30am 3.0-3.5 Drill & Play Clinic	
9:30-10:30am							
10:30am-noon				3.0-3.5 Drill & Play Clinic	Coed 3.0+ League		
noon-1:00pm			Cardio Tennis				
3:30-4:00pm	Mighty Mites Junior Tennis Clinic	Mighty Mites Junior Tennis Clinic	Mighty Mites Junior Tennis Clinic	Mighty Mites Junior Tennis Clinic	Mighty Mites Junior Tennis Clinic		
4:00-5:00pm	Superstars Junior Tennis Clinics	Junior Aces and High School Prep Clinics	Superstars Junior Tennis Clinics	Junior Aces and High School Prep Clinics	Superstars Junior Tennis Clinics		
5:00-6:00pm	High School Advanced & JET Clinics	High School Advanced & JET Clinics	High School Advanced & JET Clinics	High School Advanced & JET Clinics	High School Advanced & JET Clinics		
6:00-7:30pm	Coed 4.0- League	3.5+ Drill & Play Clinic	Men's 4.0- League	Coed 4.5+ League			
7:30-9:00pm	3.0-3.5 Drill & Play Clinic		Men's 4.0- League	Coed 4.5+ League			

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