



# Homestead Owners Association & Court Club

## May Events

### **Board & DRC Meeting**

(Attendance policies will be announced ASAP)

Friday, May 8 @ 9am

### **Free Nutrition Series**

#### **Food & Mood**

Tuesday, May 12 @ 5:30pm

### **First Day of Summer**

#### **Tennis Programs**

Monday, May 25

### **First Day of Homestead**

#### **Kids Camp**

Tuesday, May 26

**Please visit our Facebook page for the latest Virtual Fitness Class offerings!**

## **General Club Information**

### Club Hours:

Please visit our website for the latest information

### 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 COVID-19 Update**

Dear Community,

As you are aware, there has been much disruption to everyone's lives surrounding the Coronavirus (COVID-19) situation. Difficult times like these will test all of us but we are working our hardest to address the current challenges. We are hopeful that the Vail Valley has seen the peak, and that our lives will be back to normal soon. We understand that in addition to the stress of the situation, not having your workouts and connection to your Homestead Court Club community is something you have missed.

First and foremost we hope you and your family have stayed well throughout our closure. We have missed seeing our friends and neighbors and can't wait to welcome you back to Homestead when Eagle County and the State of Colorado have procedures set in place for gyms. We believe there will be a tiered approach, and that we may need to put some temporary restrictions in place when we are able to reopen. We want to thank you for your continued support, words of praise, and understanding as we all get through this together. We wouldn't be a community center without you, and we are so thankful to all our loyal homeowners and members.

We hope you have been able to stay healthy mentally and physically by getting outdoors, catching up on projects that you have been meaning to do, and taking advantage of our virtual workouts that we have shared online. Our instructors have really stepped it up, and are doing a fantastic job of modifying workouts to be done at home. We hope you will give them a try! Please see our website and facebook pages for the weekly schedule.

During this crisis, Homestead is continuing to employ our wonderful staff. Some of our most critical staff members are using this time as an opportunity to get ahead of schedule on some of our annual maintenance items, as well as adding rigorous deep cleaning to ensure the Club is completely safe when we reopen.

As always, the safety, health and well-being of our members, guests, and staff is of paramount concern. We will continue to proactively monitor this quickly evolving situation and will adjust as required. Thank you for your business and your continued support during these unprecedented times. The ultimate impact of the closure and virus still remain to be seen, please continue checking our website and facebook pages for the latest updates.

Please note: All homeowners and members should have received membership specific details with our last billing cycle. If you did not receive it, and would like a copy, please email [kim@homesteadcourtclub.com](mailto:kim@homesteadcourtclub.com).

Please note the following programs are all based off a hopeful approach to a tiered reopening in May. Guidelines have not yet been released on gym settings, and specifically the number of people who will be able to “gather” in one place. We may need to make adjustments on the program start dates, maximum number of participants and events based off state and local mandates. Please continue to check our website for the latest information.



## Nutrition Series: Food & Mood

Join Christine Pierangeli, certified master nutrition therapist, Board certified in holistic nutrition and owner of Pro-Found Wellness of Vail for a discussion on Mood Disorders and Nutrition, *Tuesday, May 12, at 5:30pm*. This one hour discussion will focus on how a healthy nutrition and lifestyle plan can help boost immunity during cold and flu season. Christine will take questions and provide a handout with the information discussed. Christine also shared a quick and easy snack recipe for you to try this month. Enjoy!

### **Breakfast Bites**

3 ripe bananas  
1/4 c. applesauce  
3 c almond flour  
1/2 c. coconut flour  
2 eggs  
1/4 c coconut flakes

### **Instructions**

Preheat oven to 350. Mash bananas and add remaining ingredients. Spoon a dollop of dough onto a greased cookie sheet and bake for 25-30 minutes.



Homestead

CLUBHOUSE  
FOR KIDS

## Children’s Programming News

### *Kids Camp will now begin on May 26*

Homestead Kids Camp is designed to challenge campers to be their best selves physically, emotionally, and socially in an upbeat and friendly environment. Homestead works with numerous local organizations to supplement weekly themes as well as educate in various environments. A few of our theme weeks this Summer include: Mermaids & Sea Monsters, Harry Potter, Star Wars, Fairies & Dragons, Brains On! And much more! Campers will enjoy a wide array of art projects, fitness classes, field trips, team building activities, and so much more. Join our enthusiastic counselors on a summer adventure! 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. No drop-ins allowed. Registration forms are available on our website, [www.hcchoa.com](http://www.hcchoa.com), or by email request to [jillian@homesteadcourtclub.com](mailto:jillian@homesteadcourtclub.com).

## Summer Junior Tennis News

*Summer Junior Tennis programs will begin the week of May 25*, and will run for 12 weeks, through August 14. This summer we will be offering our junior programs in the afternoons, with Mighty Mites from 3:00-3:30pm, Superstars, Junior Aces and High School Prep from 3:30-4:30pm, and High School Advanced/JET from 4:30-6:00pm. Our junior clinics are designed specifically for the needs of junior players to foster learning and keep your children having fun! Registration forms are available at [hcchoa.com](http://hcchoa.com) now! Please contact [kim@homesteadcourtclub.com](mailto:kim@homesteadcourtclub.com) with any questions, or for more information.



## Fitness News

Our incredible instructors have been working hard throughout our closure to bring you your favorite fitness classes virtually! All classes can be done from home with little or no equipment. Schedule changes weekly. Please visit our facebook page for the latest class offerings. We hope to see you in a class this week!

## Spring DRC Reminder

In these times of many people staying home we have noticed a lot of residents doing spring projects, please keep in mind that any exterior changes such as landscaping/fences/painting/decks/play structures, etc. must be applied for and approved by the DRC prior to beginning work. If you would like to make a change please complete a [DRC Application](#) and submit to [terickson@homesteadcourtclub.com](mailto:terickson@homesteadcourtclub.com). We have temporarily adjusted our neighbor notification process to be completed electronically. If you have any questions or comments, please visit [hcchoa.com](http://hcchoa.com) or email [terickson@homesteadcourtclub.com](mailto:terickson@homesteadcourtclub.com).



# May Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
<b>8:30-9:15am</b>			ABSolutely Pilates (Kim)		ABSolutely Pilates (Kim)		
<b>9:15-10:00am</b>	20/20/20 (Justin)			S.I.T (Justin)	<b>Board Meeting 5/8/20 9:00am</b>		
<b>12:00-12:45pm</b>		<b>Bodyweight Blast (Hannah)</b>			Gentle Yoga (Sophie)		
<b>4:30-5:15pm</b>			<b>All Ages Uplifting Yoga (Allie)</b>				
<b>5:30-6:15pm</b>			Strength & Conditioning (Christina)				5:15-6:00pm Reset & Restore Yoga (Allie)
<b>6:30-7:15pm</b>	Power Yoga (Christy)		Stretch/ Restorative Yoga (Sophie)				

## May Group Fitness - Please read our new protocols

1. Maximum of 6 people per class, make reservations in advance by calling the front desk.
2. Homestead Owners and tenants may make reservations 2 days in advance. Non-resident members make reservations 1 day in advance. No walk ins or day of reservations allowed at this time.
3. You may only make 1 reservation per day (Group Fitness, Cardio/Weights, OR Tennis).
4. **All members must wear a mask and verbally check in at the front desk at your reservation time with name or membership number. Masks are recommended for use in all areas of the Club, but will not be required past check in.**
5. Please plan to arrive no more than 5 minutes before your reservation time.
6. Once you have finished your workout/reservation time, you will need to leave the club immediately.
7. Failure to arrive for reservations will result in suspension of privileges.
8. Your account must be current to make reservations.
9. Classes will be limited to 45 minutes.
10. Classes will be held outside and use body weight exercises whenever possible.
11. Members are responsible for bringing their own mat and sanitizing everything they touch.
12. Do not congregate outside the Fitness/Pilates studios.
13. Bring your own sweat towel, towel service will not be available at this time.

# 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.

**BODYWEIGHT BLAST** - Hannah's Bodyweight Blast will be a HIIT, plyometric and body weight based outdoor workout class specifically designed to get your heart pumping!

**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.

**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!

**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.