



July Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
6:00-7:00am		Get Lifted (Hannah)		Get Lifted (Hannah)	
8:30-9:30am		8:30-9:15am Yoga Sculpt (Terry)	ABSolutely Pilates (Kim)		ABSolutely Pilates (Kim)
9:00-10:00am	20/20/20 (Justin)	9:15-10:30am Gentle Yoga (Terry)		S.I.T (Justin)	Board & DRC Meeting 7/9/21 @ 9am Via Zoom
9:35-10:25					Zumba Gold (Endah)
4:00-5:15pm	Kids Camp in Studio	Kids Camp in Studio	Kids Camp in Studio	Kids Camp in Studio	Kids Camp in Studio
5:30-6:30pm	Lift the Barre* (Hannah)	Fit Happens* (Jill)	Strength & Conditioning (Christina)		
6:30-7:30pm	Power Yoga (Julie)				

July Group Fitness News

Spotlight Instructor: Terry Copeland, Yoga

Terry has been teaching the Tuesday yoga classes at Homestead over the past six years. She loves to share yoga and it's related modalities...tai chi, taekwondo, Qigong, energy medicine movement, sound healing, and meditation. As a former college gymnast-inversions are her favorite, but as an elder, gentle and rollers are her specialty! The class can be traditional yoga or add implements for function. Terry taught High School for 40 years, in Wisconsin. She loves to empower people thus she continues to teach in many other areas including skiing, swimming, Yoga to Veterans, and informally on the pickleball court. Most of her time is spent with friends, family, and two goldendoodles. All 3 of her grown children and 4 grandchildren live within minutes of each other in Eagle Vail! Her yoga classes are on Tuesdays at 8:30am (sculpt) and 9:15am (gentle). Although they are described specifically, anyone can join at anytime for as little or as long as you desire for the 8:30-10:30am duration. Terry will run the class according to the needs of those who show up-COVID has taught us to adapt to many individual needs/desires in the same class.

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.

FIT HAPPENS — This dynamic class is great for all levels. It features mixed intervals of resistance training, cardio blasts, and core work. You can plan to expect the unexpected, as each class will be uniquely designed to challenge you to the max with having FUN!

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 unique 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!

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!

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.

S.I.T.– “Strength and Interval Training.” Another high energy conditioning class utilizing the step, bosu, 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.

ZUMBA GOLD— Zumba Gold is an easy-to-follow program that lets you move to the beat at your own speed. Zumba Gold is a perfect workout for beginners to Zumba and active older adults looking for a total-body wellness program that feels like a party, while revitalizing your mind and body.