



May Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
6:00-7:00am		Get Lifted (Hannah)	Masters Swim (Sam)	Get Lifted (Hannah)	
8:00-9:00am				Vinyasa Yoga (Sophie)	
8:30-9:30am		8:30-9:15am Yoga Sculpt (Jewels/Terry)	ABSolutely Pilates (Kim)		ABSolutely Pilates (Kim)
9:00-10:00am	20/20/20 (Justin)	9:15-10:30am Gentle Yoga (Jewels/Terry)		S.I.T (Justin)	Board & DRC Meeting 5/13/22 @ 9am Via Zoom
9:35-10:25					
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)		
6:30-7:30pm	Power Yoga (Jewels)				

Weight Room Etiquette Reminders

1. No dropping weights.
2. Always re-rack your weights.
3. No grunting or foul language. Be respectful, and remember we are a family friendly club!
4. Return all equipment items to where they belong when you are done.
5. Proper exercise attire is required. Athletic shoes and shirts are required.
6. Abuse of equipment or inappropriate language will not be tolerated. Dropping free weights or letting plates slam constitutes abuse.
7. Please wipe down equipment after each use.
8. Always use correct form, collars, and a spotter for safety.
9. Please observe weight room etiquette allowing others to "work in" between sets.
10. Please report any damaged or malfunctioning equipment to the front desk.
11. Children under the age of 12 are not allowed in the weight room this includes children in infant seats. Children ages 12-16 must be certified to use the weight room by the Fitness Director prior to using any equipment. To schedule an appointment, please email justin@homesteadcourtclub.com.

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.