



# September Fitness Schedule

	<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>
<b>6:00-7:00am</b>		Get Lifted (Hannah)	Masters Swim (Sam)	Get Lifted (Hannah)	
<b>8:00-9:00am</b>			<b>7:30-8:30am</b> <b>ABSolutely Pilates</b> <b>(Kim)**</b>	Vinyasa Yoga (Sophie)	
<b>8:30-9:30am</b>		8:30-9:15am Yoga Sculpt (Jewels/Terry)			<b>ABSolutely Pilates</b> <b>(Kim)**</b>
<b>9:00-10:00am</b>	20/20/20 (Justin)	9:15-10:30am Gentle Yoga (Jewels/Terry)		S.I.T (Justin)	<b>Board &amp; DRC Meeting</b> <b>9/9/22 @ 9am</b> <b>In Person Only</b> <b>Meeting will be held in the Fitness Studio</b>
<b>4:00-5:15pm</b>	After School Program in Studio	After School Program in Studio	After School Program in Studio	After School Program in Studio	After School Program in Studio
<b>5:30-6:30pm</b>	Lift The Barre (Hannah)		Fit Happens (Jill)		
<b>6:30-7:30pm</b>	Power Yoga (Sophie)				

## September Fitness News

### ABSolutely Pilates

\*\*Please note that Kim's ABSolutely Pilates class will begin on Wednesday, September 21st. There will be no ABSolutely Pilates classes September 2 - 16.

### Pilates Punch Card Price Increase

In following industry standards and to stay competitive with other local clubs, we find it necessary to adjust our prices to keep providing the outstanding services we strive to give you. Our new Pilates punch card price is \$320 for a 10 punch card will take effect on September 1, 2022. We greatly appreciate your understanding. Please reach out to Deana for more details. Thank you for your continued support of Homestead Court Club.

# 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!

**MASTERS SWIM** — Join Sam for a structured swim workout designed to help you improve your fitness or train for specific goals. Open to all levels.

**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.