



## Homestead Owners Association & Court Club

### November Events

**Daylight Savings Time Ends**  
Sunday, November 5

**Board of Directors 2024  
General Ownership Budget  
and Dues Level Meeting**  
Friday, November 10

**Thanksgiving Kids Camp**  
November 20-22  
8:30am-5:15pm

**Happy Thanksgiving**  
Thursday, November 25  
**CLUB HOURS:** 6am-12pm  
Burn The Bird 8:00am

**Reminders:**  
No Junior Tennis programs  
November 20-24  
No ASP/Camp November 23-24

### **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

Website:  
Hcchoa.com



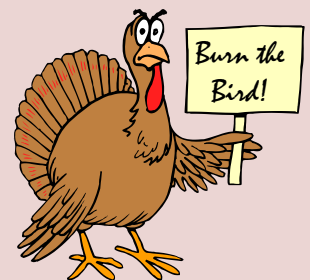
### Welcome New Fitness Director ~ Hannah Ellison

We are excited to announce the appointment of Hannah Ellison as our new Fitness Director. Hannah is a native to the Vail Valley who developed her love for fitness and health growing up in Homestead. She has worked at the Club as a personal trainer and group fitness instructor since 2015. Hannah's extensive fitness background includes an ISSA personal training certification and numerous other fitness certifications. Hannah has worked with a variety of clients in helping them to obtain their personal goals. Her passion for fitness shows in her workouts which are intense yet fun. Hannah's other interests include weight lifting, fly fishing, hiking, beach volleyball, tennis and camping. We are looking forward to see where Hannah's vision takes our fitness programming!

We would like to thank former Fitness Director, Justin Songer, for his hard work and dedication to our fitness programs over the past 12 years as Fitness Director, and as a trainer and group fitness instructor before that. We wish him the best with his new endeavor. Justin will continue to work at Homestead part time as a personal trainer and group fitness instructor.

### November Fitness News

***Burn the Bird with Hannah*** This special fitness class will be held Thanksgiving Day, November 23, from 8:00-9:00am with Hannah. Come in for a killer workout before you feast! Sign up is required. Sign up policy: Homestead owners & their tenants may sign up 48 hours in advance, Non-Resident members may sign up 24 hours in advance. Please note the only other class on Thanksgiving Day will be Hannah's 6:00am class.



### Welcome Our Newest Trainer, Nina Aley

Nina Aley is an ISSA Certified Personal Trainer, Nutritionist and ACE Group Fitness Instructor. She enjoys helping both recreational and competitive athletes set and reach new goals, improve performance, and prevent injury. She is passionate about being active in the outdoor community and helping others get involved. To book a training session with Nina you can email her at [nina@mtntfitness.co](mailto:nina@mtntfitness.co) or call/text her at 970-948-2274. Nina also teaches Cycling and



Integrated Dryland Conditioning at the Club. Please see the November Fitness Schedule for days and times.

## November Break Kids Camp

We are offering a special day camp over the November school break on November 20-22. Our kids camp is guaranteed to be a fun filled day with a variety of different activities including educational projects, arts and crafts, games, outdoor activities, swimming and much more! Camp runs from 8:30a.m. to 5:15p.m, and is for children ages 5-12. Rates are \$50/day for members and \$60/day for non-members. Pre-registration is required and space is limited. The last day to register for the November break camp is November 13. No drop-ins allowed. For more info or to register, please visit [www.hcchoa.com](http://www.hcchoa.com) or email [jillian@homesteadcourtclub.com](mailto:jillian@homesteadcourtclub.com).

## Holiday Hours:

### Thanksgiving Day

**Thursday, November 23**  
Club Hours 6:00am-12:00pm

### Homestead Holiday Party Sunday, December 3

Club Hours 6:30am-12:00pm  
Party from 5:00pm-8:00pm

### Christmas Eve

**Sunday, December 24**  
Club Hours 6:30am-12:00pm

### Christmas Day

**Monday, December 25**  
Club Closed

### New Years Eve

**Sunday, December 31**  
Club Hours 6:30am-5:00pm

### New Years Day

**Monday, January 1**  
Club Hours 8:00am-5:00pm

## October Board & DRC Meeting Highlights

Our October Design Review Committee and Board meeting was held on Friday, October 13, 2023 at 9:00am. During the DRC meeting, the DRC approved an AC unit, trees, driveway drainage and a path to be installed at 1070 Gold Dust Drive. The DRC also approved the meeting minutes from the September 2023 DRC meeting. During the Board meeting, the Board approved the September Board meeting minutes and the August financials. New Business included discussion concerning scheduled maintenance on Eagle County trail easements. During Matters Pending, the Board discussed Eagle County Open Space and Colorado Parks and Wildlife's plans for seasonal trail closures on the Homestead 'L' Open Space. Please see article below for more information. During the Director's Report, the Board discussed upcoming reserve expenditures, repairs and improvements to sidewalks, and the planned water rate increases for 2024. The meeting adjourned at approximately 11:00am.

### 2024 General Ownership Budget and Dues Level Meeting

The November Board meeting will be a general ownership membership meeting to discuss and ratify the 2024 proposed budget and dues level. Staff will be proposing a \$10 per month dues increase to bring dues to \$115 per month for each property, which will be the first dues increase for homeowners in the past 11 years. The entire dues increase will go into the reserve fund to be used for maintenance and repair of current assets. Staff is proposing a zero based budget of \$2,198,858 for 2024. The proposed budget is available on our website.

*For those of you who don't traditionally get a newsletter, we are required to mail one out for this general owner membership meeting.*

## Eagle County's Homestead L Open Space Mandatory Trail Closure For Winter 2023-24

We have been working closely with Eagle County Open Space and Colorado Parks and Wildlife over the past year and a half to implement the area wildlife closure critical for wildlife habitat in the Homestead L Open Space. This closure will go into effect on December 1, 2023 through April 15, 2024. There is a map of the closure area available on the Eagle County Open Space website: [https://www.eaglecounty.us/departments\\_\\_\\_services/open\\_space\\_\\_\\_natural/open\\_space/current\\_projects.php](https://www.eaglecounty.us/departments___services/open_space___natural/open_space/current_projects.php)

Eagle County Director of Open Space and Natural Resources, Marcia Gilles, plans to attend our upcoming board meeting on Friday, November 10, at 10:30am to answer any questions or concerns about the closure. You can also email Marcia Gilles at [marcia.gilles@eaglecounty.us](mailto:marcia.gilles@eaglecounty.us) or the Eagle County Open Space Manager, Peter Suneson, at [peter.suneson@eaglecounty.us](mailto:peter.suneson@eaglecounty.us). Homestead will have recommendations on winter trail use, but will not be closing any of our own trails over the winter months.

## ERWSD Water Rate Increase

Eagle River Water and Sanitation District has plans to increase base water rates for all customers in 2024 to meet ongoing regulatory mandates, upgrade aging infrastructure, and improve system resiliency. Water use structures will also be increasing for some customers to be more equitable in 2 of their 6 account types (Individually metered residences larger than 3,000 square feet and irrigation only accounts). Representatives from ERWSD will attend our upcoming board meeting on Friday, November 10, at 10:00am to give an update and answer any questions from the community.



# November Fitness Schedule

	<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>	<b>Saturdays</b>	<b>Sundays</b>
<b>6:00-7:00am</b>		Get Lifted (Hannah)	Cycling (Nina)	Get Lifted (Hannah)	HIIT or Miss (Sawyer)		
<b>7:30-8:30am</b>	Integrated Dryland Conditioning (Nina)		ABSolutely Pilates (Kim)	<b>Burn the Bird* on Thanksgiving 8:00-9:00am</b>			
<b>8:30-9:30am</b>		8:30-10:30am Yoga for Everyone (Terry)			ABSolutely Pilates (Kim)	<b>Cycling (Nina)</b>	
<b>9:00-10:00am</b>	20/20/20 (Noah)			S.I.T (Justin)	<b>Board &amp; DRC Meeting 11/10/23 @ 9:00am</b>		
<b>9:30-10:30am</b>					9:30am Vinyasa Yoga (Sophie)		
<b>4:30-5:20pm</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		Youth Strength and Gym Certification (Noah)
<b>5:30-6:30pm</b>	Lift the Barre (Hannah)	Winter Sports Conditioning (Sawyer)	Fit Happens (Jill)	SS Strength & Mobility (Noah)			Primal Power (Noah)

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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.

**ABSOLUTLY 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.

**CYCLING** — A high-energy, calorie burning indoor cycling workout that's filled with various types of intervals and drills to keep your heart pumping. A workout that's suitable for every level of athlete, and can be easily adjusted to fit personal goals.

**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!

**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!

**HIIT OR MISS** — Incorporates several rounds that alternate between several minutes of high intensity movements to significantly increase the heart rate, followed by short periods of rest. Improve stamina, increase strength, burn fat and keep the heart healthy by participating!

**INTEGRATED DRYLAND CONDITIONING** — A functional fitness class involving movements that will help you optimize your body for any adventure. With a focus on plyometrics, core and unilateral movements you'll be ready to shred on the mountain, run an upcoming race, and add longevity to your athletic performance.

**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!

**PRIMAL POWER** — What if you could optimize for 30% more longevity, significantly boost your athletic performance, release your emotions, prevent brain deterioration, play like a child, and practice mobility like a jungle cat in one workout a week? Complimenting Super Slow Resistance Training, this session is sure to keep your bones strong, increase your power output (essential for practically every sport), and enjoy mobility like you haven't had since you were a kid. Expect to play, learn, & grow with this judgement-free session involving calisthenics, plyometrics, dance moves, and more. Bulletproof the body, let your emotions flow, and optimize brain performance through movement with Noah.

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

**SS STRENGTH & MOBILITY** — Join Noah for Scientific Super Slow Resistance to build a great physique, balance the musculoskeletal system, and enjoy significant strength gains without the wear and tear on joints. Rediscover mobility while optimizing your body for longevity with foam-rolling and stretching towards the end of the class. This session is great for all ages and ability levels because there is very little risk of injury and one starts with whatever level of resistance and range of motion manageable. Watch yourself progress from week to week and stay excited!

**WINTER SPORTS CONDITIONING** — Our Winter Sports Conditioning class concentrates on the most commonly used muscle groups and movements to help start out your season right and avoid injuries.

**YOGA FOR EVERYONE** — Terry Copeland, instructor/guide! We welcome everyone for any duration, at any time. We would love to have you stay for the full 2 hours, but if you only have a few minutes to breathe and move with us- please come when you can... you are not disturbing. The teacher will adapt the class to the wants/needs and timeline of those in attendance. Popular format: 8:30-9:30 - Yoga with foam rollers (facilitates stretching) 9:30- 5-10 min mid class Savasana (guided meditation/relax/recover/china gel option) 9:40-10:30- yoga stretches/balances at the bar and flows/challenges/class choices

**YOUTH STRENGTH & GYM CERTIFICATION** - Noah invites our ambitious youth members ages 12+ to his new Youth Strength class where they will get certified to use weights and cardio equipment while building confidence and developing a strong foundation for a healthy lifestyle. They will leave with a great workout and their gym certification to use the weight room and cardio areas.

# Fall Tennis Schedule

Program Time	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
<b>6:00-7:30am</b>						
<b>7:30-8:30am</b>						7:30-8:30am Cardio Tennis
<b>8:30-10:00am</b>						4.0+ Drill & Play Clinic
<b>10:30-noon</b>				3.0-3.5 Drill & Play Clinic	Coed 3.0 League	10:00-11:30am 3.0-3.5 Drill & Play Clinic
<b>12:00-1:30pm</b>				Beginner Clinic		
<b>1:30-3:00pm</b>						
<b>3:30-4:00pm</b>	Mighty Mites Junior Tennis		Mighty Mites Junior Tennis		Mighty Mites Junior Tennis	
<b>4:00-5:00pm</b>	Superstars Jr. Tennis	Jr. Aces and HS Prep Tennis	Superstars Jr. Tennis	Jr. Aces and HS Prep Tennis	Superstars, Jr. Aces and HS Prep Tennis	
<b>5:00-6:30pm</b>	High School Advanced Clinics	High School Advanced Clinics	High School Advanced Clinics	High School Advanced Clinics	High School Advanced Clinics	
<b>6:30-8:00pm</b>	Coed 4.0- League	Beginner Clinic	Men's 4.0- League	Coed 4.5+ League		
<b>7:30-9:00pm</b>						

