



# January\* 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>8:30-9:30am</b>		8:30-10:30am Yoga for Everyone (Terry)			ABSolutely Pilates (Kim)	Cycling (Nina)	
<b>9:00-10:00am</b>	20/20/20 (Noah)			S.I.T (Justin)	<b>Board &amp; DRC Meeting 1/12/23 @ 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)
<b>6:30-7:30pm</b>			Yin Yang Yoga (Kenneth)				

## January Fitness News

### ***Unlock Stronger Bones: Osteoporosis Prevention Clinic***

Join us for an informative session on osteoporosis prevention with Certified Nutritionist and Personal Trainer Nina Aley! Key topics will include understanding osteoporosis, nutrition for bone health, safe and effective exercises, and lifestyle strategies for stronger bones. Empower yourself with knowledge and take steps towards stronger bones! This special event will be held on Tuesday, January 9th at 1:00pm and is free for Homestead members.

### ***Personal Training Special with Sawyer Harden***

Homestead Personal Trainer, Sawyer Harden, is offering a training special throughout January. Three sessions for \$195 (regular price \$255). As a trainer Sawyer uses science based formulas to create optimal training regimens; simplifying the human muscle and skeletal system will create a better understanding of how we can live a pain free, healthy lifestyle. He specializes in weight loss, nutrition coaching, injury prevention, corrective exercise, strength training, as well as mobility/stability movements. Buy your package at the front desk by January 31, and contact Sawyer at 720-364-9124 to schedule your sessions.

**\*Please note that all fitness classes are canceled on New Years Eve and New Years Day**

# 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.

**YIN YANG YOGA** — Yin Yang yoga is a combination of high-energy movement, much like vinyasa, which builds heat and energy promoting power and endurance, followed by the more relaxing practice of Yin to give us a deeper grounding and calm the nervous system. Pranayama (breathwork) and mindfulness are weaved into this balanced offering to ease transitions and promote presence.

**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.