



July Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
6:00-7:00am		Get Lifted (Hannah)		Get Lifted (Hannah)	HIIT or Miss (Sawyer)
7:30-8:30am			ABSolutely Pilates (Kim)		
8:30-9:30am		8:30-10:30am Yoga for Everyone (Terry)			ABSolutely Pilates (Kim)
9:00-10:00am				S.I.T (Jill)	Board & DRC Meeting 7/12/24 @ 9:00am
9:30-10:30am					9:30am Vinyasa Yoga (Sophie)
11:00am-12:00pm					Kids Camp Fitness Class
12:00-1:00pm	Water Aerobics (Sawyer)				Silver Sneakers (Braedan)
2:30-5:15pm	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			Yin Yang Yoga (Kenneth)		

July Fitness News

Welcome New Trainer & Fitness Instructor, Braedan Stewart

Braedan has an extensive background in health and fitness. He worked in the Adult Fitness program at CSU, designed and ran summer strength and conditioning for CSU Football team, trained middle school and high school basketball and football teams in Northern Colorado and has also worked with NCAA athletes. Over the past year and a half, he has created exercise prescriptions for cancer patients as well as worked in Cardiac Rehab at CU Anschutz and now Shaw Cancer Center/ Vail Health. He has a bachelors degree in Exercise Science from CSU, and is a Certified Exercise Physiologist. Braedan is accepting new training clients on evenings and weekends at Homestead.



Join Braedan for his invigorating Silver Sneakers class tailored for seniors looking to stay active and socialize! This dynamic class combines low-impact exercises, stretching, and strength training to improve full body mobility, balance, and overall fitness. Whether you're a beginner or seasoned fitness enthusiast, our welcoming environment ensures everyone can participate at their own pace while having fun and building community bonds. Come join us and step into a healthier, happier you! Fridays from 12:00-1:00pm, beginning on Friday, July 5.

Volleyball Clinics and Privates with Mackie Ellison

Mackie will be offering beginner & intermediate level clinics as well as private volleyball lessons in July. She has availability on Mondays and Tuesdays for private lessons, and will offer a beginner clinic on Wednesdays from 1:00-2:00pm, and an intermediate clinic on Wednesdays from 2:00-3:00pm. Please contact Mackie at 970-331-4833 to schedule lessons or to reserve a space in one of her clinics.

Fitness Class Descriptions

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.

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!

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!

SILVER SNEAKERS — This class is tailored for seniors looking to stay active and socialize! This dynamic class combines low-impact exercises, stretching, and strength training to improve full body mobility, balance, and overall fitness. Whether you're a beginner or seasoned fitness enthusiast, our welcoming environment ensures everyone can participate at their own pace while having fun and building community bonds. Come join us and step into a healthier, happier you!

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

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