

## March 2025 Newsletter



# Homestead Owners Association & Court Club

### March Events

#### **Board & DRC Meeting**

Friday, March 14  
at 9:00am

#### **Spring Tennis**

#### **Registration Opens on:**

3/3 Homestead Owners  
3/10 Non Resident Members  
3/17 Non Members

#### **Summer Camp**

#### **Registration Opens on:**

3/17 Homestead Owners  
3/24 Non Resident Members  
3/31 Non Members

### **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



### Spring Tennis Programs

Spring tennis programs will begin the week of March 24 and will run through May 30. There are no junior programs over Spring Break April 21-25. Registration forms are available online or at the front desk now.

#### **Spring Tennis Registration Opens:**

Monday, March 3 – Homestead owners and tenants  
Monday, March 10 – Non-resident members  
Monday, March 17 – Non-members

Email [kim@homsteadcourtclub.com](mailto:kim@homsteadcourtclub.com) for more information on junior programs, or [eric@homsteadcourtclub.com](mailto:eric@homsteadcourtclub.com) for more info on adult programs.

**Winter Tennis Reminder:** The last day of Winter Tennis programs is Friday, March 21.

**VMS High School Tennis** Team practice will begin on Monday, February 24. The team will be practicing on the indoor courts on Mondays through Fridays from 6:00-7:30am.



### March Fitness News

#### **Free 40 minute Personal Training Session with Sawyer Harden ~ Week of 3/3–3/7 ~ For new personal training clients!**

Sawyer is offering a free 40 minute training session to new clients the week of March 3rd–7th, 2025. Your free training session with Sawyer will include assessments, body composition measuring, goal setting and a private workout. Contact Sawyer at 720-364-9124 or [sawyer\\_harden24@outlook.com](mailto:sawyer_harden24@outlook.com) to book your session! Offer valid for one free 40 minute session to members who are currently not working with a personal trainer. Sawyer was born and raised in Colorado, where he attended the Colorado National Personal Training Institute. After graduating he received his NASM certified personal training certificate. Sawyer values helping his clients accomplish their fitness goals. 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. Together you will create a safe space where you can learn and transform yourself physically and mentally. Contact Sawyer at 720-364-9124 for more information or to book your session.

#### **Lisa's S.A.S Class moving to Thursdays @ 5:30pm**

“Sculpt and Stretch” class is a dynamic workout that combines strength training and flexibility exercises to tone muscles and improve fitness. Leave feeling stronger and with increased mobility. We hope you will give this class a try on Thursdays at 5:30pm, beginning on Thursday, March 6th.



## No Parking on Homestead Streets or Sidewalks

We would like to remind all residents that there is no parking allowed on Homestead streets, sidewalks or on Eagle County Right of Ways. In most cases the first 15 feet from the curb is Eagle County Right of Way. All vehicles must be parked on approved hard surface driveways. This is especially important during winter months to allow Eagle County to complete safe snow removal. We have asked the Eagle County Sheriff to patrol our streets and ticket any vehicles parked on the streets or in the County right of ways. Lets take care of our beautiful new sidewalks by not parking on them for any reason, even just temporarily. Please note that Homestead does not allow trailers to be parked in driveways, except for temporary loading and unloading. Thank you!

## General Meeting Report & Election Results

This years meeting was held on Thursday, February 20, at 6:00pm. Thank you to everyone who attended and participated in person or by proxy. Three seats for the Board of Directors were up for election. There were three candidates on the official ballot and there were no additional nominations from the floor. Erin Allen, Kris Miller and Steve Evans were elected to the Board by acclaim. Board President Greg Sands discussed the general state of the HOA and Court Club, mentioning upcoming plans for 2025. Director Kerwin gave an overview of Homestead's financials. Homestead's attorney, Dan Reynolds, provided annual HOA education focusing on new laws for common interest communities. New Business included a presentation from Eagle Valley Wildland regarding a new residential mitigation fire assessment program where every home in Homestead will receive an individual report with suggestions on how to reduce risk at your home. They will be starting with properties off Gold Dust Drive and the upper half of Homestead this summer, and will complete the rest next summer. Please visit our website for more fire safety resources. Finally, the Board opened the floor to questions/comments. Topics included animal control, leash laws, sidewalks, and on street parking. Sargent Mosness with the Eagle County Sheriff's office was present and announce that they will be doing extra parking patrol in Homestead to help reduce parking on the sidewalks and streets. The meeting adjourned at 6:52pm.

## February Board Meeting Highlights

Our February Board meeting was held on Friday, February 14, 2025 at 9:00am. There was no DRC meeting this month. During the Board meeting, the Board approved the January Board meeting minutes and the December financials. Matters Pending included discussion on maintenance of Eagle County trail easements, the 2025 General Meeting and Election, and an update from the Nominating Committee on candidates for the election. During the Director's Report, Tracy Erickson discussed a new common area camera policy. Please plan to attend the next regular Board Meeting on Friday, March 14, 2025 to give input on this policy. Director Kerwin discussed the new sidewalks in lower Homestead, and who is responsible for maintenance as well as Edwards Metro District's \$100,000 contribution to fire mitigation and chipping this summer. The meeting adjourned to executive session at approximately 9:50am.

## Homestead Summer Camp



Clubhouse Summer Camp is proud to present another exciting summer for our campers at Homestead including nine action-packed theme weeks including: Explorers week, Art week, Thinking Outside the Box week, America's Birthday week, Ocean week, Night at the Museum week, Space week, Entrepreneur week, and Kid's as Counselors week. Our kids camp program is guaranteed to be a fun filled day with a variety of different activities including educational projects, outdoor time, swimming, arts & crafts, games, and more! Additionally, professional tennis instruction is available for campers to add on to their summer experience. Registration packets are available now on our website, [www.hcchoa.com](http://www.hcchoa.com).

### Registration opens:

Monday, March 17 – Homestead owners and tenants

Monday, March 24 – Non-resident members

Monday, March 31 – Non-members

Email [jillian@homsteadcourtclub.com](mailto:jillian@homsteadcourtclub.com) for more information.

**After School/Kids Camp Reminders:** No programs March 21 or April 21-25.



# March Fitness Schedule

	<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>
<b>6:00-6:55am</b>		Get Lifted (Hannah)	AM Cycle (Nina)	Get Lifted (Hannah)	HIIT or Miss (Sawyer)
<b>7:30-8:25am</b>	Pilates Balance & Flow (Nina)		ABSolutely Pilates (Kim)		
<b>8:30-9:25am</b>		8:30-10:30am Yoga for Everyone (Terry)			ABSolutely Pilates (Kim)
<b>9:00-9:55am</b>	Peak Performance (Sawyer)			S.I.T (Jill)	<b>Board &amp; DRC Meeting 3/14/25 @ 9:00am</b>
<b>9:30-10:25am</b>					9:30am Vinyasa Yoga (Sophie)
<b>12:00- 12:55pm</b>					Senior Strength (Braedan)
<b>4:00-5:00pm</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>5:30-6:25pm</b>	Lift the Barre (Hannah)	Pedal & Pump (Lisa)		<b>S.A.S (Lisa)</b>	Volleyball Conditioning Class*
<b>6:30-7:25pm</b>			Yin Yang Yoga (Kenneth)		

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### ***Lisa's S.A.S Class moving to Thursdays @ 5:30pm***

“Sculpt and Stretch” class is a dynamic workout that combines strength training and flexibility exercises to tone muscles and improve fitness. Leave feeling stronger and with increased mobility. We hope you will give this class a try on Thursdays at 5:30pm, beginning on Thursday, March 6th.

# 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.

**AM CYCLE** - A high-intensity ride that will include challenging drills, sprints, and climbs, focusing on building lower body strength and endurance while burning a significant amount of calories.

**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!

**PEAK PERFORMANCE** — This high-intensity workout combines the best of both worlds: heart-pumping HIIT and effective strength training. Designed to improve cardiovascular endurance, build muscle, and burn fat, this class will push you to your limits. Whether you're lifting weights, performing bodyweight exercises, or incorporating functional movements, you'll experience a full-body workout that targets all major muscle groups. Suitable for all fitness levels, modifications will be provided to ensure everyone gets the most out of every session. Get ready to sweat, challenge yourself, and achieve results!

**PEDAL & PUMP** — a fun, hard-hitting, innovative, unscripted and unique indoor cycling experience! Get full-body sculpting, and a cardio blast that will provide a good sweat and allow you to leave the stress of the day behind! All levels of cyclists welcome. SPD clips shoes or sneakers work on all bikes. Instructors can help with bike set-up and proper form. We recommend beginners arrive early for basic instruction. Every class will offer a unique experience with instructor crafted format, playlists, and shared goal!

**PILATES BALANCE & FLOW**—Join Nina for a Classical mat Pilates class with a contemporary approach in order to strengthen the core, restore alignment and strengthen the joints. All levels welcome.

**S.A.S** — “Sculpt and Stretch” class is a dynamic workout that combines strength training and flexibility exercises to tone muscles and improve fitness. Leave feeling stronger and with increased mobility.

**SENIOR STRENGTH** — This class is tailored for seniors looking to stay active and socialize! This 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!

**VOLLEYBALL CONDITIONING CLASS** — Elevate your game with our girls volleyball conditioning class, designed to enhance athletic performance, strength, and endurance of your female volleyball players ages 14-18. This class combines sport specific exercises with functional training to improve agility, speed, power and overall physical fitness. Participants will engage in a mix of drills, plyometrics, strength training and conditioning routines that mirror the demands of competitive volleyball.

**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.

# Spring Tennis Schedule

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

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