



Homestead Owners Association & Court Club

May Events

**May DRC & Board
Meeting**
Friday, May 9th

Free Chipping
Sunday, May 11th

No After School Program
Monday, May 26th

**Last Day of Spring
Tennis**
Friday, May 30th

**Last Day of After School
Program**
Wednesday, June 4th

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



May Fitness News



New Personal Trainer ~ Breanna Glanz-de la Rosa

Originally from Louisville, Colorado and raised in Austin, Texas, Breanna brings a diverse background and a strong passion for fitness. She serves as a certified personal trainer and group aerobics instructor committed to creating a welcoming and results-driven environment for every guest. She holds certifications through AAAI and ISMA, which reflect her dedication to safety, continued education, and effective training methods. With a background in dance and two decades of experience as a competitive figure skater, she

brings both discipline and creativity to every class and session. When she's not in the gym, you'll find her snowboarding in the valley during winter or exploring hiking trails in the summer. Her energy is high, her passion is real, and she is here to help you reach your fitness goals every step of the way.

Barlates with Breanna ~ Thursdays at 5:30pm, beginning 5/1

Welcome to Barlates where Pilates precision meets barre burn! This dynamic fusion class blends the core-strengthening, posture-improving moves of Pilates with the sculpting, toning power of barre. Expect low-impact, high-reward movement that targets your abs, glutes, thighs, and arms while improving balance, flexibility, and control. Using light weights, resistance bands, and the barre, you'll move through small, intentional movements and deep muscle engagement that deliver serious results—without the high-impact stress on your joints. Perfect for all levels, Barlates is graceful, effective, and just the right amount of spicy. Focus Areas: Core, Glutes, Legs, Posture, Flexibility
Intensity: Low to Moderate

Butts and Guts with Breanna ~ Tuesdays at 5:30pm, beginning 5/6

Get ready to tighten, tone, and torch calories in this high-energy, lower-body and core-focused workout! Butts and Guts is designed to sculpt your glutes, strengthen your abs, and build endurance through a mix of resistance training, bodyweight moves, and cardio bursts. Whether you're looking to firm up, power up, or just feel strong and confident, this class will leave you feeling the burn—in the best way. Expect squats, lunges, planks, and crunches, all set to a motivating playlist that keeps you moving. All fitness levels welcome, with modifications and progressions offered. Focus Areas: Glutes, Core, Legs, Intensity: Moderate to High

Move Well with Hannah ~ Mondays at 5:30pm, beginning 5/5

This is a low impact, functional strength, circuit training class for all levels of fitness. This class will help improve your everyday life and hobbies! We will get stronger by doing movements that will incorporate balance, stabilizing, and mobility. Using many different types of equipment and practicing good form, this class will leave you feeling great!

Complimentary Jr. Weight Room Certification Class for May is

Canceled due to holiday weekend Please contact Hannah for individual certification during the month of May. We invite our youth members ages 12+ get certified to use weights and cardio equipment while building confidence and developing a strong foundation for a healthy lifestyle.

Summer Junior Tennis, Swimming and Camp

Summer Tennis

This summer we will again be offering a 10 week junior program in the afternoons, for players ages 4-18. Our junior clinics are designed specifically for the needs of junior players to foster learning and keep your children having fun! We are excited for a fun filled summer of tennis at Homestead!

Summer Swim Team

Coach, Jenny Carll, will be offering a six week session of swim team beginning on June 16th. Swim team is for children ages 6 years and up who can swim multiple lengths independently and have base knowledge of freestyle and backstroke. In addition to practice, swimmers will be invited to join local swim meets throughout the session.

Summer Camp

Homestead Clubhouse Kids Camp is an action packed summer camp with a different theme each week. Themes this summer include Art, Explorers, Thinking Outside the Box, Ocean, Night at the Museum, Entrepreneurs, Space and more!

Registration forms for all summer programs are available on our website, or at the front desk now. Please note spaces are limited.

April DRC & Board Meeting Highlights

Our April DRC & Board meeting was held on Friday, April 11, 2025 at 9:00am. During the DRC meeting, the DRC approved new construction at 75 Fremont Road, a hot tub at 862 Gold Dust Drive, a fence and AC at 63 Creamery Trail, a deck and stairs at 215 Meile Lane, and a fence and patio at 182 Hummingbird Trail. The DRC also approved the January meeting minutes. During Member Input, one member was present to share that the Edwards Riverpark project, adjacent to Homestead, is back up for review by Eagle County. Joanna encouraged the community to attend upcoming Eagle County Commissioners Meetings. Please see the Eagle County website for dates. During the Board meeting, the Board approved the March Board meeting minutes, as well as the January and February financials. Member Input included a request to not allow news stations on the Club TVs, which was denied. New Business included discussion on Eagle County public trail maintenance, including work that is needed on the gate at the entrance to the Homestead L Open Space, as well as a proposed new alignment of the Water Tower Trail. Vail Valley Mountain Trail Alliance will be staking the new proposed Water Tower trail alignment later this summer, and plan to begin trail work in the summer 2026. Tim Swaner, with Eagle County Wildland, presented a request to treat a portion of Homestead Open Space to reduce wildfire risk by removing dead and down trees by helicopter this summer. The Board approved this request. We will share more information on timing once it is finalized. The meeting adjourned to executive session at approximately 11:40am.

We're Hiring!

We are hiring part time staff for summer and fall children's programs, and year round front desk associates. Starting at \$16+/hour, plus free club membership, discounts on personal training, tennis, clothing and more! Email kim@homesteadcourtclub.com for more information.

Eagle Valley Wildland Offering Free Chipping 5/11

Eagle Valley Wildland is pleased to announce they will continue to offer free chipping again this summer. Their mission is to provide homeowners with a simple, convenient curbside solution for disposing of chippable materials. This will help facilitate wildfire mitigation and vegetation management. What is chippable? Trees, logs, and branches up to 15 inches in diameter, free of nails and wire. What is not chippable? No construction materials or treated lumber. No rotten wood, root wads, stumps, dirt, or rocks. No grass clippings, trash, weeds, or bags of leaves. Non-chippable items will not be picked up. How should it be stacked for pickup? Slash should be placed near the curbside, but NOT on the asphalt road or any paved surface. Vehicles must be clear of the pile. Material should be in a single concentrated pile, stacking the pile HIGH, not long; the higher the better! Any piles smaller than 2 cubic yards should be combined with your neighbor's pile if possible. Two cubic yards is the size of a large refrigerator, 3 ft X 3 ft x 6 ft. Do not stack slash in ditches or depressions. Piles must be within 5 feet of the road. Do not place piles directly under power lines, near gas meters, phone and utility pedestals or mailboxes. Be aware the slash pickup truck must be stabilized at each stop and the truck's loader arm has a limited reach. **Homesteads DRC is temporarily allowing trimming of branches and shrubs without prior approval from May 1-11, 2025 for the purpose of reducing wildfire risk in the neighborhood.** Pickup will be during the week of May 11 in Homestead. Please email any questions regarding the chipping program to: home@eagleriverfire.org.



May Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
6:00-6:55am		Get Lifted (Hannah)		Get Lifted (Hannah)	HIIT or Miss (Sawyer)
7:30-8:25am	Pilates Balance & Flow (Nina)		ABSolutely Pilates (Kim)		
8:30-9:25am		8:30-10:30am Yoga for Everyone (Terry)			ABSolutely Pilates (Kim)
9:00-9:55am	Peak Performance (Sawyer)			S.I.T (Jill)	Board & DRC Meeting 5/9/25 @ 9:00am
9:30-10:25am					9:30am Vinyasa Yoga (Sophie)
12:00-12:55pm					Senior Strength (Braedan)
4:00-5:00pm	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
5:30-6:25pm	Move Well (Hannah)	Butts & Guts (Breanna)	S.A.S (Lisa)	Barlates (Breanna)	
6:30-7:25pm			Yin Yang Yoga (Kenneth)		

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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.

BARLATES — Welcome to Barlates where Pilates precision meets barre burn! This dynamic fusion class blends the core-strengthening, posture-improving moves of Pilates with the sculpting, toning power of barre. Expect low-impact, high-reward movement that targets your abs, glutes, thighs, and arms while improving balance, flexibility, and control. Using light weights, resistance bands, and the barre, you'll move through small, intentional movements and deep muscle engagement that deliver serious results—without the high-impact stress on your joints. Perfect for all levels, Barlates is graceful, effective, and just the right amount of spicy. Focus Areas: Core, Glutes, Legs, Posture, Flexibility
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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!

MOVE WELL — This is a low impact, functional strength, circuit training class for all levels of fitness. This class will help improve your everyday life and hobbies! We will get stronger by doing movements that will incorporate balance, stabilizing, and mobility. Using many different types of equipment and practicing good form, this class will leave you feeling great!

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!

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 &		
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						

Summer Tennis Information

Summer Tennis Registration Opens:

Monday, April 28 – Homestead owners and tenants

Monday, May 5 – Non-resident members

Monday, May 12 – Non-members

Email kim@homsteadcourtclub.com for more information on junior programs, or
eric@homsteadcourtclub.com for more info on adult programs.

Spring tennis programs will end on May 30.

