



June Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
6:00-6:55am		Get Lifted (Hannah)		Get Lifted (Hannah)	HIIT or Miss (Sawyer)
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 6/13/25 @ 9:00am
9:30-10:25am					9:30am Vinyasa Yoga (Sophie)
11:00am- noon					Kids Camp Fitness Class (Sawyer)
12:00- 12:55pm					Senior Strength (Braedan)
3:30-5:15pm	Kids Camp Program in Studio	Kids Camp Program in Studio	Kids Camp Program in Studio	Kids Camp Program in Studio	Kids Camp 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)		

June Fitness News

Complimentary Jr. Weight Room Certification Class on June 29

Homestead Personal Trainer, Braedan Stewart, invites 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. This months class will be held on Sunday, June 29th at 1:30pm. No sign up is required.

Pilates Balance & Flow with Nina on Mondays and ABSolutely Pilates with Kim on Wednesdays have been taken off the schedule in June.

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
Intensity: Low to Moderate

BUTTS AND GUTS — 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

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!

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.