



June Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
6:00-6:55am		Get Lifted (Hannah)		Get Lifted (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 6/12/26 @ 9:00am
9:30-10:25am					9:30am Vinyasa Yoga (Sophie)
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 (Sawyer)		S.A.S (Lisa)	Valley Vibes Spin (Nancy)	
6:30-7:25pm			Yin Yang Yoga (Kenneth)		

Honoring Hannah Ellison and Welcoming Sophie Watras

Hannah Ellison stepped away from her role as Fitness Director in May. We would like to extend our sincere gratitude to Hannah for her dedication and leadership as Fitness Director. Hannah has made a lasting impact on our community through her passion, energy, and commitment to helping our members achieve their wellness goals. While Hannah has stepped down from her role as Fitness Director, we are happy to share that she will remain an important part of our team as a personal trainer and fitness instructor. We are grateful that our members will continue to benefit from her expertise, encouragement, and positive energy.

At the same time, we are excited to welcome Sophie Watras as our new Fitness Director and Front Desk Manager. Sophie has been a valued part of the Homestead team since 2011, serving in several important roles including yoga instructor, front desk associate, and front desk manager. Her longstanding connection to our community, combined with her experience and enthusiasm, make her a wonderful fit for this position.

Please join us in thanking Hannah for her continued contributions to Homestead and congratulating Sophie on her new role. We are excited for the future and look forward to Sophie's continued leadership and positive impact at Homestead.

June Fitness Schedule Changes

Sawyer will be taking over Move Well on Mondays from 5:30-6:25pm, as well as Get Lifted on Thursdays at 6:00-6:55am.

Fitness Class Descriptions

ABSOLUTELY 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.

FUNCTIONAL FITNESS BLAST — Functional Fitness Blast is a dynamic blend of multiple fitness disciplines designed to restore, strengthen, and energize your body from the inside out. This class fuses elements of Cardio Boxing, HIIT, Step, Functional Bodybuilding, Calisthenics, Spinning, and more to deliver a full-body training experience. You'll build strength, amplify your cardiovascular endurance, improve flexibility, and enhance overall movement quality. Perfect for all fitness levels, this high-energy class challenges you to move with purpose while promoting mobility, stability, and functional strength for everyday life.

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!

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!

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!

VALLEY VIBES SPIN CLASS - High-energy indoor cycling designed to challenge and inspire athletes of all levels. Each class blends endurance, strength, speed, and hill training to build fitness, boost stamina, and leave you feeling stronger with every ride.

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.

ZUMBA FUSION FIT — Zumba Fusion Fit brings together the fun, high-energy rhythms of Zumba dance with strategic functional fitness exercises that strengthen and shape the entire body. This class is designed to be playful yet powerful—combining cardio endurance, coordination, and strength-building movements. The name reflects its vibrant blend of dance + fitness, making it ideal for anyone who wants a joyful, full-body workout that boosts energy, burns calories, and builds functional strength.