



September 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)	Mat Pilates (Valentina)		ABSolutely Pilates (Kim)
9:00-9:55am	Peak Performance (Sawyer)			S.I.T (Jill)	Board & DRC Meeting 9/11/26 @ 9:00am
9:30-10:25am					9:30am Vinyasa Yoga (Sophie)
12:00-12:55pm	Sculpt* (Valentina)				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)		
6:30-7:25pm			Yin Yang Yoga (Kenneth)		

September Fitness News

New at Homestead Court Club: 30-Minute Personal Training We're excited to offer 30-minute personal training sessions at Homestead Court Club beginning in September! These focused sessions are a great option for anyone looking to make the most of a shorter workout, work on a specific goal, add a recovery or mobility session to their routine, or try personal training for the first time. Choose from 1 session for \$65, 6 sessions for \$360, or 12 sessions for \$660. If you are interested in booking a session or package please reach out to our Fitness Director, Sophie Watras via email at sophie@homesteadcourtclub.com. Personal trainer bios and contact info are available on our website or at the front desk.

***New Class: Sculpt with Valentina Mondays @ Noon, Beginning 9/14**

Pilates-inspired movement meets strength training. Sculpt blends the control, precision, and core-focused foundation of Pilates with standing exercises, resistance, and light weights for a dynamic full-body workout. Expect intentional movement, controlled tempo, and a balance of strength, stability, and endurance—all designed to leave you feeling strong, energized, and sculpted. We hope you will give this lunch hour class a try! Join Valentina for Sculpt class on Mondays at 12:00-12:55pm, beginning on Monday, September 14.

Reminder: There are no group fitness classes on Labor Day.

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.

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!

MAT PILATES — This class strengthens and lengthens your body from the core, bringing your spine into proper alignment and improving posture. Through controlled, flowing movements paired with mindful breathing, you'll build core stability, flexibility, and a deeper awareness of how your body moves. All levels are welcome — you'll leave feeling stronger, more aligned, and more in tune with your body.

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.

SCULPT — Pilates-inspired movement meets strength training. Sculpt blends the control, precision, and core-focused foundation of Pilates with standing exercises, resistance, and light weights for a dynamic full-body workout. Expect intentional movement, controlled tempo, and a balance of strength, stability, and endurance—all designed to leave you feeling strong, energized, and sculpted. We hope you will give this lunch hour class a try!

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.