



October 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 10/9/26 @ 9:00am
9:30-10:25am					9:30am Vinyasa Yoga (Sophie)
12:00-12:45pm	Sculpt (Valentina)				Senior Strength (Braedan)
4:00-5:15pm	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)	Spin (Nancy)	
6:30-7:25pm			Yin Yang Yoga (Kenneth)		

October Fitness News

Spin Is Back at Homestead!

We're excited to welcome Nancy Sandberg back to Homestead Court Club for the fall, winter, and spring seasons! Join Nancy every Thursday at 5:30 PM for an energizing and fun spin class designed for everyone. Spin is a fantastic low-impact cardiovascular workout that can help build endurance, strengthen the legs and core, improve cardiovascular fitness, and boost overall energy. Best of all, you control the resistance and intensity of your ride, making spin a great option for a wide range of fitness levels. Whether you're looking to complement your outdoor activities, build stamina for ski season, or simply enjoy a great workout with a fun group, this class is for you. Nancy shares her love of spin throughout the Vail Valley, teaching at a variety of local clubs and gyms, and we're thrilled to have her energy and experience back at Homestead. Thursdays at 5:30 PM | New to spin? No problem! Experienced rider? Come challenge yourself! All are welcome — hop on a bike and ride with us!

Invest in Your Strength, Health & Longevity with New 30 Minute Personal Training Sessions

Personal training isn't just about working harder—it's about moving better, building confidence, and creating strength that supports the life you want to live. At Homestead Court Club, personal training can be tailored to fit your goals, schedule, and preferred way to train. Choose from focused 30-minute sessions or full 60-minute sessions, work one-on-one with a trainer, or grab a few friends and enjoy the motivation and camaraderie of small-group training for 2–4 people. Working with a personal trainer can help you get more from your time in the gym through proper technique, individualized programming, accountability, and exercises selected specifically for your needs. Training can focus on strength, mobility, balance, cardiovascular fitness, injury prevention, sport-specific conditioning, or simply feeling stronger and more capable in everyday life. And the benefits reach well beyond today's workout. Regular exercise—particularly maintaining strength, muscle mass, balance, mobility, and cardiovascular fitness—plays an important role in healthy aging. Staying active can help us preserve independence, continue doing the activities we love, and maintain a higher quality of life as we get older. Whether you have 30 minutes or an hour, prefer individual attention or enjoy working out with friends, there's a way to make personal training work for you. Train for today. Build strength for tomorrow. Keep moving for the years ahead.

NEW CLASS! SCULPT WITH VALENTINA Mondays at 12 PM | Just 45 Minutes

Strengthen. Sculpt. Recharge. You may remember meeting Valentina in our newsletter a couple of months ago—now come join her for her newest class at Homestead! Originally from the mountains of Patagonia, Valentina brings a lifelong love of movement to our community, from gymnastics and Pilates to skiing, climbing, and mountain biking. Sculpt combines Pilates-inspired, core-focused movement with resistance, light weights, and standing exercises for an energizing full-body workout. Build strength, stability, balance, and endurance through controlled, intentional movement. Short on time? No problem! Take a quick 45-minute midday break to move, recharge, and head back to your day feeling strong and energized. All levels are welcome!

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!

SPIN — Whether you're brand new to spin or a seasoned rider, this 60-minute class lets you ride at a pace and intensity that works for you. Instructors incorporate a fun mix of climbs, intervals, sprints, and steady-state riding, with plenty of opportunity to adjust the challenge to your own fitness level. Each instructor brings their own style and creates a different ride each class. Come ready to move, have fun, and get a great cardio workout — all fitness levels are welcome!

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.