

Homestead Owners Association & Court Club



October Events

Cardio Tennis is Back
Wednesdays & Saturdays
Beginning October 1st
Sign up at the front desk

Ski Conditioning Begins
Monday, October 3rd
5:15-6:30pm
Sign up at the front desk

Spin & Core w/Heidi
Wednesdays in October
Spin 8:45-9:45am
Core 9:45-10:15am

**Board of Directors and
DRC Meeting**
Friday, October 14th @ 9am

Paddle Tennis Social
Sunday, October 16th
11:00am-1:00pm

General Club Information

Club Hours:

5:55am-10:00pm M-F
6:30am-10:00pm S-S

Phone:

970-926-1067

Fax:

970-926-4710

400 Homestead Drive
P.O. Box 808
Edwards, CO 81632

Childcare Hours:

8:30am-noon M-F
3:00-7:00pm M-F
9:00am-12:00pm Sat.

Website:

Homesteadcourtclub.com

New Playground Equipment at Pocket Park

We are excited to announce that we are getting new playground equipment at the Homestead Court Club pocket park next to the volleyball courts near the club. The installation should be complete by the end of September. Check it out and let us know what you think!



Fitness News

Winter Sports Cross Training

The nights are starting to get chilly up here in the Vail Valley...meaning our long winter is fast approaching. Are you ready? Although we may not be ready for the colder weather and shorter days, we can get our bodies ready and strong for the demands we place on it all winter long. Christy Brown will be offering a 5 week long Winter Sports Cross Training Challenge every Friday from 10:30-11:30am starting October 7th. There is a 5 person minimum and the fee for the class is only \$90. A free Body Composition will be taken the week before the session starts and the person with the best results after the 5 weeks will get a PRIZE! *Note: if you have a small group that wants to do this challenge another time/day, please contact Christy at 303.520.2963. Sign up deadline is October 5th.*

Spin & Core with Heidi Trueblood

Heidi will once again be offering her Spin & Core Class on Wednesdays beginning in October. Spin class will be held from 8:45-9:45am, followed by her Core class from 9:45-10:15am. Heidi recommends that you bring a heart rate monitor to the spin class, however it is not required.

Ski Conditioning is back!

Ski conditioning with instructors Missy, Christy, Amie, and Justin is beginning on Monday, October 3rd. Class will be held on Mondays and Wednesdays from 5:15-6:30pm. Sign up is required. Homeowners and their tenants may sign up 48 hours in advance, Non-resident members may sign up 24 hours in advance. 30 people max. Be prepared to go outside!

Pilates Mat Class Day Change

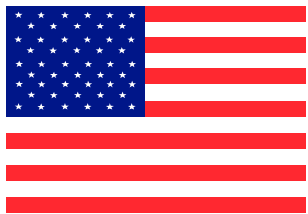
Missy's Pilates Mat Class will be moving to Tuesday evenings in October. The time will remain the same, 5:00-6:00pm.

Yoga Schedule Changes

Kristina's Tuesday morning Hatha Yoga Class has been taken off the schedule for October.

Free Injury Screenings

Jointworx Physical Therapy will begin offering FREE injury screenings by a physical therapist. The screenings will take place on Mondays from 5-6pm in the Homestead lobby. Injury screenings are for people who may have an ache or pain but aren't sure what to do about it. Advice from the PT will help determine the most appropriate next step: rest, altered workouts, a physician referral or physical therapy. Sara Manwiller, PT, will be performing the screenings. Sara is a Homestead resident, a Physical Therapist, Certified Athletic Trainer and Certified Strength and Conditioning Specialist. Sign-up is not required, but you can call Jointworx @ 569-3883 with any questions.



We are proudly displaying a new American flag on National Holidays at Homestead that was generously donated in memory of Herald Trimmell.

Board Of Directors Meeting Highlights

Our most recent Board of Directors and Design Review Committee Meeting was held on Friday, September 9th, 2011 at 9:00am. There were no items on the agenda for the DRC portion of the meeting.

New Business included a discussion regarding making an amendment to the Deed Restriction on Filing 2 to allow public use of the new trail connecting the new Eagle County Open Space to the US Forrest Service through Homestead's Property.

Matters Pending included discussion regarding the Scudder/Webster Open Space Proposal. The meeting minutes from the meeting on August 12, 2011 were approved. The July 2011 financial report was approved by the Board. The meeting adjourned into executive session to discuss legal matters pertaining to the Allen Parcel at approximately 9:16am.

Please note: The Board will be considering the 2012 Budget at the October Board Meeting.

Children's Programming News

There are still spots available in Homestead's action packed after school program. ASP meets Monday through Friday from 3:00-6:00pm at the Homestead Court Club and uses all of the great Homestead Club facilities including parks, trails, and Homestead neighborhoods. Registration packets are available now at the front desk.

Tennis News

Cardio Tennis is Back

Cardio Tennis is a group fitness class featuring drills to give players of all ability levels an ultimate, high energy workout. Taught by Homestead's Pros, Cardio Tennis includes a warm-up, cardio workout, and cool down phases. Class will be offered on Wednesdays from 6:15-7:15am and on Saturdays from 7:15-8:15am. Homestead homeowners and their tenants may sign up 48 hours in advance, and Non-resident members may sign up 24 hours in advance.

Fall Tennis Programs

There is still room available in some fall adult and children's clinics. Parents you can still sign your children up for clinics after their other fall sports end. Contact Derek to sign up. Don't forget you can also call the front desk each week to sign up for weekly adult drop in clinics.

Intro to Paddle Tennis

Learn to play this fun winter sport starting on October 1, 2011. This 5 week clinic is a great introduction to paddle tennis and will even help you improve your tennis game! The clinic meets every Saturday from 10:00-11:00am October 1—October 29. Sign up at the front desk. Price is \$75.00 for the session.

Paddle Social

Sunday, October 16th from 11:00am-1:00pm. Come by to see what Paddle Tennis is all about! Sign up at the front desk.

End of Summer Party Thanks

Thank you to everyone who attended our annual end of the summer party and BBQ on Saturday, September 3rd. It was our most successful ever with over 500 people attending. A special thanks to Tony Gulizia and Justin Allison for their great music and to No Bull Entertainment for bringing the bull! Stop by the club to check out our pictures from the party.



October Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:05-7:05am	Spin (Todd)			Spin (Jennifer) Super Sculpt (Beth)		
7:10-8:30am						
8:35-9:35am			8:35am Intro to TRX* (JP)		8:35am Intro to TRX* (JP)	8:00-9:30 Intermediate Hatha Yoga (Trinity)
9:00-10:30am			8:45-9:45am Spin (Heidi)		Anusara Inspired Yoga (Tim)	
9:15-10:15am	20/20/20 (Justin)	Body Shop (Christy)	9:45-10:15am Core (Heidi)	S.I.T (Justin)	Board Meeting 10/14/11 9:00am	
10:30-11:30am	Pilates Mat Class (Deana)			Pilates Mat Class (Deana)		
12:00-1:15pm		Gentle Yoga (Wendi)				
5:00-6:00pm		5:00-6:00pm Pilates Mat Class (Missy)				
5:15-6:30pm	Ski Conditioning	5:30-6:30pm Intro to TRX* (JP)	Ski Conditioning	5:30-6:30pm Turbo Kick (Tiffany)		
6:35-7:35pm	Hatha Flow (Lindsey)		6:35-7:50 Vinyasa Flow (Janice)			

***Please call the front desk to sign up for classes with an asterisk* Homestead homeowners and their tenants may reserve their space 48 hours in advance and Non-resident members may reserve their space 24 hours in advance. Please call 970-926-1067 to sign up.**



Fitness Class Descriptions

20/20/20 - An invigorating, fast paced fitness class that challenges your endurance. You will utilize various forms of fitness equipment totaling 20 minutes of intervals, 20 minutes of weights, and 20 minutes of core.

ANUSARA INSPIRED YOGA - Literally meaning “flowing with grace,” Anusara focuses on an elegant system of alignment, postural sequencing and breath.

ATHLETE’S EDGE— An intense workout focusing on strength while incorporating intervals, plyometrics and core work.

BODY SHOP— Join Christy for a full hour of weight training. This class will focus on building strength and balance while using proper form.

HATHA FLOW YOGA - Based on traditional Hatha Yoga poses and the principals of alignment, the flowing moves encourage breath and movement synchronization. Focus is on body awareness and working within personal limits while building strength & flexibility with a calm mind.

HORIZONTAL CONDITIONING — A unique and challenging way of toning your body using mainly body weight with a few props for resistance. It defines, tones and strengthens your arms, core, back, legs, abs, and improves balance and posture.

INTRO TO TRX TRAINING — The much talked about TRX is a total body suspension training system. By using your own body weight and vector angles the TRX system provides a well-rounded workout for the entire body. For those who like or want core work and need a quick effective workout this is it because the TRX is lots of core all the time. The class will start with the basic movements and introduction to suspension training. Once the foundation is in place individuals can advance at their own pace in class.

PILATES MAT CLASS - An exercise system focused on increasing flexibility and strength for the total body without building bulk. No apparatus is used during this class.

SPIN - A cardio workout without comparison. All instructors incorporate climbing, intervals and steady state training. Guaranteed to make you sweat! Each instructor creates a different design for each class.

S.I.T.— “Strength and Interval Training.” Another high energy conditioning class utilizing the step, bosu, weights and intervals to keep your heart pumping!

SUPER SCULPT-- This class will focus mostly on core, and legs, while using other muscle groups in a functional training setting.

TURBO KICK — Learn kickboxing skills choreographed to energizing music. Using no equipment, this kickboxing workout incorporates a number of upper body punches and lower body kicks.

VINYASA FLOW YOGA— In this yoga class the teacher will encourage you to synchronize your breath to the movement from one pose to the next on an inhale or an exhale. This style of yoga flows from one pose allows for a lot of variety, but you can expect movement, not just stretching.

WASHBOARD ABS — 30 minutes of intense abdominal and lower back training.



October Tennis Schedule

Court Times	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:15-7:15 am			Cardio Tennis*			
7:15-8:15am						Cardio Tennis*
8:15-9:30am						8:30-9:30am 4.0+ Drop In Clinic*
9:30-10:45am						9:30-10:30am 3.5+ Drop In Clinic*
10:45-12:00pm	3.0-3.5 Clinic	3.0-3.5 Clinic	2.0-3.0 Clinic	Intermediate Clinic 3.5 Drop In Clinic*		10:30-11:30am 3.0 Drop In Clinic*
12:00-1:15pm	2.0-3.0 Clinic		12:00-1:00pm 4.0+ Drop In Clinic*		12:00-1:00pm 3.0-3.5 Drop In Clinic*	
1:15-2:30pm						
2:30-3:45pm	3:15-4:00pm Mighty Mites (4-6 year olds)		3:15-4:00pm Mighty Mites (4-6 year olds)		3:15-4:00pm Mighty Mites (4-6 year olds)	
3:45-5:00pm	4:00-5:00pm Superstars (7-9 year olds)	4:00-5:00pm Intermediates (10+ year olds)	4:00-5:00pm Superstars (7-9 year olds)	4:00-5:00pm Intermediates (10+ year olds)	4:00-5:00pm Mighty Mites (4-6 year olds)	
5:00-6:15pm	5:00-6:00pm Teenagers	5:00-6:00pm Junior Elite Tennis	5:00-6:00pm Teenagers	5:00-6:00pm Junior Elite Tennis	5:00-6:00pm Superstars (7-9 year olds) Intermediates (10+ year olds)	
6:15-7:30pm	6:00-9:00pm Mixed 3.5+ Fixed Partner League	6:00-9:00pm Ladies 3.0+ League	6:00-9:00pm Men's 4.0- League	6:00-9:00pm Coed 4.5+ League		
7:30-8:45pm						
8:45-10:00pm						

Tennis Reminders:

Fall Tennis Programs: Begin the week of September 12th and will run for 12 weeks, no programs the week of Nov.21-25. Sign up flyers are available at the front desk.

***To sign up for a drop in clinic please call 970-926-1067. Member price is \$20 for one hour drop in clinics and \$25 for 1.5 hour drop in clinics. Non-Members must pay a \$10 guest fee on top of the member price.**