



# Homestead Owners Association & Court Club

## Homesteads Holiday Party:

Please join us on Sunday, December 4th from 5-8pm for live music, appetizers, drinks, and a light dinner catered by Vail Catering Concepts. We will have an arts & crafts room for the children and Santa Claus will be making a special appearance. Get your wish list ready!

### December Events

**Holiday Party**  
Sunday, December 4th  
5:00-8:00pm  
(Club Closing at 3pm)

**Board & DRC Meeting**  
December 9th @ 9am

**Fall Tennis Programs End**  
Friday, December 9th

**Special Week of Tennis**  
December 12th-18th

**All Day Kids Camp**  
December 19th-22nd and  
27th-30th

See Back Page for  
Holiday Hours

### 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

### Fitness News

#### *Introducing Our Newest Personal Trainer: Nichole Kellerman*

Nichole is a Colorado native who has struggled with her weight and health in the past. After reaching her goals she found her passion: To coach others to become the fit individuals that they have always strived to be. She graduated from Heritage College with a degree in Personal Fitness in 2006 where she completed her personal training certification through the American Council on Exercise. Health and fitness along with lots of fun is Nichole's passion! She believes that getting people results while making them laugh is the only way to go. Her training style is all about working the body as a whole, dynamic, functional movements is best thing you can do for your body and your lifestyle. If you are interested in personal training with Nichole, please contact Justin at the Club.

#### *TRX Training Classes at Homestead*

We are excited to announce expanded TRX programming at Homestead. Starting in December, JP will be teaching three specialized group training classes each week; Tuesdays at 6:15pm, Wednesdays at 6:05am and Fridays at 6:05am. He will also be available for private and semi-private TRX training. To sign up for group TRX training classes please contact the front desk. To sign up for private or semi-private training please contact JP directly at 970-390-1898. Pricing for group training is \$12/class or \$9/class when you purchase a 10 punch pass. Please note that Homestead reserves the right to cancel classes of less than six participants. Maximum of 12 participants per class.

#### *Holiday Fitness Challenge*

We all know the holidays are a time when we over indulge and under commit to our health. Homestead Personal Trainer, Christy Brown would like to challenge you to make this season the holiday season of body transformation! The fitness challenge will begin on December 15th and will run through February 15th. Christy will provide you with an initial and final fitness assessment, weekly meetings, weekly workouts, weekly emails with tips on nutrition, recipes, or a weekly challenge to keep you focused on making great food selections, and 20% off additional personal training. There will also be a prize for the person with the greatest transformation! For more details, or to sign up for the Holiday Fitness Challenge, please contact Christy Brown at [christylbrown@yahoo.com](mailto:christylbrown@yahoo.com) or 303-520-2963.

#### *Personal Training Special*

Get 20% off personal training packages of three or more sessions during the month December. With this deal a 3 pack is only \$144! Gift Certificates available.

#### *Fitness Schedule Changes*

We are proud to announce that we are adding some great new classes to our Fitness Schedule this winter. So make some time for yourself and get in on the fun!!! New classes include: TRX suspension training with JP, Turbo Kick with Tiffany, Spin with Joel, Mat Pilates with Amie, Sunrise Yoga with Beth, Vinyasa Flow Yoga with Sophie, Vinyasa Power with Ashley, Athlete's Edge with Justin and Body Challenge with Missy. Please see the December Fitness Schedule for days and times.



## Adopt A Family

Homestead will once again be “adopting” some local families in need of our help this holiday season. If you would like to donate clothing, food, or a gift to a family member please stop by or call the club to sign up after December 5.

## Children’s Programs

**Holiday Break Kids Camp:** Jillian is offering a special Kids Camp over the holidays on December 19-22 and 27-30. Camp hours are 8:30am-5:15pm. Camp activities include arts & crafts, sports activities in the gym, pool time, free play, show and tell, and much more! Registration packets for kids camp (included in the same packet as After School Registration) are available at the front desk or on our website. **Please note:** There is no After School Program from December 19th-30th over the holiday break.

**Childcare Reminder:** Childcare will be closed on Christmas Eve, Christmas Day and on New Years Eve.

**New Children’s Yoga Class Beginning in January:** We are excited to announce a new children’s yoga class taught by instructor Amy Archer. Amy recently received her Children’s Yoga Certification through Kidding Around Yoga. Amy specializes in teaching children ages 5 to 12. She will begin her class on Thursday, January 5th from 3:30-4:30pm. Look for more info in the January newsletter.

## Board Of Directors Meeting Highlights - Homeowner Dues to Remain \$90/month in 2012

Our most recent Board of Directors and Design Review Committee Meeting was held on Friday, November 11, 2011 at 9:00am. In the DRC portion of the meeting the DRC discussed a request to change the DRC guidelines to allow emergency removal of cottonwood trees without approval. The DRC will review this request and have a resolution at the December DRC Meeting.

New Business included discussion on the possibility of remodeling the Club entryway. The Board decided to solicit bids from local architects for this project to get an idea of how much it would cost to remodel. Also in New Business Larry Agneberg was added to the Nominating Committee that consists of Dale Nelson, Johanna Barrows, TJ Johnson and now Larry Agneberg.

Matters Pending included discussion regarding the County purchase of the Scudder/Webster property and approval of the 2012 budget. The 2012 budget was approved with no dues increase for 2012 (for the fifth year in a row). The meeting minutes from the meeting on October 14th, 2011 were approved. The September 2011 financial report was approved by the Board.

The meeting adjourned into executive session at approximately 10:21am.

**2012 Board Member Election:** The Board would like to announce that there will be 2 Board Member openings for the 2012 election in February. If you are interested in running for the Board please attend the next Board Meeting on Friday, December 9th at 9:00am.

## Tennis News

**Reminder: Fall Tennis Programs are ending on Friday, December 9th** However, the Homestead Pros are offering a few special tennis programs for the week of December 12th-18th. Just to get you ready for the holidays we will offer:

**Cardio Tennis** Monday through Sunday this week from 12 to 1:15pm. Please sign up in advance at the front desk. Cost is \$15/time or \$70 for the week. All levels welcome, maximum of 12 participants.

**Junior Tennis Clinics** will also be offered Monday through Friday this week for juniors wishing to up their game! Cost is \$70 for the week. (Mighty Mites \$60/week). Schedule as follows;

Mighty Mites (Ages 4 to 6)	3:15 to 4:00	Mon – Fri
Super Stars (Ages 7 to 9)	4:00 to 5:00	Mon – Fri
Junior Elite (Ages 10-12)	4:00 to 5:00	Mon – Fri
High School & Jet program	5:00 to 6:00	Mon – Fri

**Winter Tennis Programs** will begin the week of January 2. The new winter programs and league sign ups for junior and adult programs will be available at the front desk by Dec 5<sup>th</sup>. Homeowners and renters may sign up Dec 5<sup>th</sup>, non-resident members may sign up Dec 7<sup>th</sup> and outside non-members may sign up Dec 9<sup>th</sup>.

## Special Club Hours for the Holidays:

December 4th— 6:30am-3:00pm (Homestead’s Holiday Party)  
 Christmas Eve—6:30am-12:00pm  
 Christmas Day — CLOSED  
 New Year’s Eve — 6:30am-5:00pm  
 New Year’s Day — 8:00am-5:00pm



# December Fitness Schedule

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:05-7:05am	Spin (Todd)	Sunrise Yoga (Beth)	TRX*\$ (JP)	Spin (Jennifer) Super Sculpt (Beth)	TRX*\$ (JP)	
7:10-8:30am				Power Vinyasa Yoga (Ashley)		
8:35-9:35am						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 12/9/11 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 (Amie)				
5:30-6:30pm	Athletes Edge (Justin)	Spin (Joel)	Body Challenge (Missy)	5:45pm Turbo Kick (Tiffany)		
6:35-7:35pm	Hatha Flow (Lindsey)	6:15pm TRX*\$	Vinyasa Flow (Sophie)			

*\*Please call the front desk to sign up for classes with an asterisk\* Sign up policy: 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.*

*\$ Indicates a fee for Class*

## *TRX Training Classes at Homestead*

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## 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.

**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.

**SUNRISE YOGA** — Welcome the new day with a flowing vinyasa class to energize the mind and the body.

**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.

**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. Please note there is a charge for this training class.

**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 allows for a lot of variety, but you can expect movement, not just stretching.

**VINYASA POWER YOGA** – Start your morning by moving with breath in this invigorating Baptiste style yoga class. You will be encouraged to use your breath, to come into your body, to clear your mind and to discover your true power. Expect to sweat and challenge yourself with both movement and powerful, athletic postures.

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





# December Tennis Schedule

Court Times	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6:15-7:15 am			Cardio Tennis*			
7:15-8:15am						Cardio Tennis*
8:30-9:30am						4.0+ Drop In Clinic*
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						

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