

THE YARD



APRIL NEWSLETTER

NEW CLASSES

We added a MAT PILATES class on Mondays and Wednesdays at 5:30pm.

In May a STRETCH YOGA class will be added on Tuesdays and Thursdays at 9:00am.

GENERAL INFO

- We added a hyperextension and preacher curl machine while we are waiting on the new Matrix machines to arrive. They have been back ordered since November.
- The Yard is going to start having social events starting in either May or June as the weather starts to get better!
- Follow our Facebook and Instagram pages. We post any new information on there and you can contact us through there as well.
 - Tag us in your posts when you're getting your workout in!

We are so happy to see all of our members faces!

If you are here at a busy time, it can sometimes be challenging to use the equipment that you want to use. Prior to covid, it was a very common thing to ask other members to “work in” with them on a piece of equipment. If you see that someone would like to use the equipment that you’re on and you feel comfortable, please ask if they want to work in with you.

In March, we had our first full spin class and we continue to see the classes get busier. If you are interested in any of our classes, give them a try! Register for the class either online, at the front desk, or call. Starting May 1, if the instructors see that there is no one registered for class 1 hour prior, they will not show.

Classes are a great way to get a workout in while having fun with other people going through it with you. The Yard offers weight lifting classes, spin classes, pilates, stretching, and yoga(coming soon). If you have any questions, ask the front desk and they will give you guidance on what the classes entail.

GENERAL INFO

- We just put in another order of The Yard apparel. If you want to pre order a certain style and size, talk to the front desk or message us on our social media.
- Please continue to be respectful of personal space as we are all transitioning to not wearing masks.
- Please continue to book a spot online or at the front desk for our classes. Some of our spin classes are getting full!
 - To book a spot online, register at myclubonline.com
- Remember to put the equipment you use back where you grabbed it. We are noticing bands being left out, plates being left on the bars, and dumbbells being put in the wrong spots.

MEMBER SPOTLIGHT



Kaili has been a member of The Yard since we opened in September and she has been one of our most consistent and hard working members. She participates in our spin and MUV classes almost everyday of the week. She is someone who gives it 110% all of the time and her hard work does not go unnoticed!

Why did you join The Yard?

I was pretty sedentary for far too long. I was very unhealthy and tired all the time. I found a new love for fitness about 4 years ago. A friend convinced me to join a CrossFit gym with her in Poulsbo. I fell in love with the fitness community and how much stronger I eventually felt. I was very excited when I saw The Yard being built, because it is only about a mile from my house. We joined The Yard as a family and I have really enjoyed seeing my teenage son come here and find a passion for lifting as well.

What do you like about The Yard?

My absolute favorite things are the classes. I've never tried a spin class until The Yard. It is so much fun! Coach Karen always finds a way to take my mind off of the tougher parts of class. The MUV class is right up my alley of fitness preference. I like to have variety, and that class certainly gives it. It has me doing movements I would have never thought to do on my own. I like that it is focused on strength, stability and stamina and with a variety of modifications, anyone can do it!