

THE YARD

JUNE NEWSLETTER



NEW MACHINES

We have been waiting patiently for the Matrix preacher curl and hyperextension machine. The wait is almost over! They will be here by the end of this month.

We like to hear what suggestions our members have, so if you have any equipment requests, come tell the front desk.

NEW CLASSES

In April, we added a morning yoga class and it has been one of our most popular classes! In July, we are adding an evening yoga class on Tuesdays and Thursdays at 5:30pm. Please continue to book a spot online for our classes.

Are there any classes that you want to be added to our schedule? If so, email drewclark564@gmail.com or let the front desk know.



Danny has been a Police Officer in Everett for 23 years. He enjoys going on hikes and spending time with his family. Danny is one of our early morning gym goers and you can always count on him and his wife being here all week!

MEMBER SPOTLIGHT

What do you like about The Yard?

I prefer saying I love The Yard. The gym has plenty of equipment and it is top of the line. But even more important than the look and equipment is the people who frequent the gym and work at the gym. The staff is truly amazing and brings the community together. I enjoy the environment so much that my goal when I retire in a few years is to get a part time job at the facility. It truly is a blessing to have such a great facility in our community to use.

How has the gym helped you?

I have unfortunately had several injuries over my career. Before the gym opened in Kingston I would have less time with my family because I would have to workout in Everett or get home and go to Silverdale. Now that The Yard is open I am able to easily workout before work and on my weekends. It also allows me to workout with my wife and children, making working out more enjoyable.

GENERAL INFO

- Our functional training area is free for everybody to use when there are no classes going on.
- If you are going to wear cycling shoes to the spin class, we ask that you only wear your shoes in the spin room and not in the weight room. We need to protect our floors.
- We are CLOSED on Monday July 4th because we are letting the town of Kingston use our parking lot for the parade. We will be back open, normal hours on Tuesday.
- If you want to leave us a review, go to www.reviewsof.us/the-yard-fitness-club
- Interested in personal training? Email our Fitness Director at drewclark564@gmail.com so she can set you up with a trainer that fits your needs.

Marney has been a member of The Yard since September and has been one of our most consistent participants in spin classes and in the weight room. So consistent, that we often see her twice a day!



MEMBER SPOTLIGHT

What do you like about The Yard?

It's close to home, has great hours, equipment, and offers many classes to accommodate different life schedules. The staff and instructors are all wonderful, friendly, and helpful. It's the total package!

How has the gym helped you?

The gym has allowed me to have a workout routine to help me reach my fitness goals. David and Kristen helped me get set up with equipment and rotation initially and continue to provide ongoing input and support. I try to go to the gym at least 4 days a week (sometimes twice a day!). I had always been interested in taking a spin class but could never find anything that worked with my schedule - now I am addicted to spin! I can feel definite improvements in my strength and stamina since joining.