

# THE YARD

## NOVEMBER NEWSLETTER

### NEW MACHINES

We have some new machines on the way! Here is what we will be adding:

-**Leg extension/prone leg curl**

-**Hack squat**

### NEW CLASSES

-**Spin 45:** Tuesday and Thursday at 9:30am

-**Bootcamp:** Tuesday and Thursday morning. Time is TBD

-**Body in Motion:** Days and time TBD

### HOLIDAY HOURS

**Thanksgiving(11/24)-**  
CLOSED

**Christmas Eve(12/24)-**  
8am-2pm

**Christmas Day(12/25)-**  
CLOSED

**New Years Eve(12/31)-**  
8am-4pm

**New Years Day(1/1)-** CLOSED



Back in September, we were voted the best Fitness Center in North Kitsap! We truly could not have done it without our members, so we thank you! We really strive to do everything possible to create a positive environment. Thank you again for your support.

We are so happy to see our classes getting full! That being said, if you have reserved a spot in a class and cannot make it, please take your name off the list. We ask that you cancel 12 hours in advance so we have time to add the people on the waitlist into the class. At the beginning of the year, we will be adding a "no show" fee that will be charged 15 minutes after class starts if you do not show.

We are going to be adding a couple more spin and bootcamp classes in the morning and we will be adding a new class called **Body in Motion!** Please keep checking for updates on when those classes will start.

## GENERAL INFO

- Please continue to book a spot online for every class. If you have reserved a spot, you are guaranteed to be in the class you signed up for.
- If there is no one signed up for class an hour prior, we will cancel the class.
- We are looking to bring on more **yoga** instructors to The Yard team. If you are interested or know of anyone who might be interested, reach out to our Fitness Director, Drew, at [drewclark564@gmail.com](mailto:drewclark564@gmail.com)

## MEMBER SPOTLIGHT



Angela joined The Yard in May and in those 5 months she has seen significant progress in her physical and mental health. From the start, she has worked with our trainer Drew twice a week, but is consistently in the gym 5-6 days a week. Angela started out deadlifting 40 pounds and now she is up to 220 pounds! When she is not in the gym, she enjoys attending all the local sporting events and exploring the PNW with her fiancé.

### **How has The Yard changed your life?**

The Yard has changed my life by helping me realize that no matter what I'm told by a medical professional, I can accomplish goals I set. While it may not be easy, I can find ways to meet and exceed my goals. Through training with Drew over the past 5 months, I have been able to get back into weight lifting and am deadlifting more than I ever have in the past. I am learning to safely push myself while making sure I do not get injured.

### **What do you like about The Yard?**

I love that any day I walk in, I'm greeted with a smile. The community and members at The Yard are uplifting and supportive in ways I've never had at a gym.