

THE YARD

HAPPY ONE YEAR ANNIVERSARY!

MEMBER SOCIAL

Come hangout with us on September 17th from 5-7pm at the gym! We will providing some beverages and snacks.

CLASSES

Please continue to book a spot online for our classes. If no one has reserved a spot an hour prior to class, the class will be cancelled. If you do not know how to book a spot, please ask the front desk for help!

In the Fall, we are going to be adding some more classes to our schedule so keep an eye our for the updated schedule!

LABOR DAY HOURS

On Monday, September 5th, we will be open from 7am-7pm and there will be no classes. Enjoy your Labor Day and thank you for understanding!

On September 1, we will have been open for one year! We would't have made it through this year without our wonderful members and we thank you all for your support. In honor of our members and celebrating our one year anniversary, we are going to have a member social on September 17th from 5-7pm at the gym. We hope to see you all there.

Coming soon... pickle ball courts!!! We are planning on them being open and ready for use before our member social event. Please ask the front desk for information about how to reserve a court.



PERSONAL TRAINING

If you are interested in getting some personal training, email our Fitness Director, Drew, at drewclark564@gmail.com. We have two personal trainers on staff. Here is a little bit about them!

Chad Trask:

I am a NASM certified trainer and also have my BS in Psychology from Washington State University.

My training style is form focused to make sure there is an emphasis on building strength while minimizing injury potential. I also have a wide variety of knowledge from powerlifting to yoga and even calisthenics.

I have been lifting for over 10 years and have trained for sports and athletics most of my life.

Drew Clark-

I am certified through NASM as a personal trainer and am in the process of getting certified in nutrition.

I have been a personal trainer for over 5 years now. My style is focused on functional training. I want my clients to build strength in movements that they do in everyday life and help to prevent injury. I have experienced plenty of injuries, especially in my knee, so I enjoy helping clients work through that as well.

MEMBER SPOTLIGHT



Bob and Deanna have become one of our most consistent members at the gym. We can always count on seeing them come in together with a smile on their face ready to workout! Outside of the gym, they are playing with their 2 granddaughters, watching Seattle sports, and playing tennis.

How has The Yard changed your life?

Deanna had been an avid runner before coming to the gym. Upon joining, she had the help of our trainer, Chad with getting her set up on a weightlifting program. She lifts weights 5-6 times a week now and is in the best shape of her life.

Since Bob has started coming to the gym on a consistent basis, his knee pain has slowly felt better and he has been able to workout longer due to his body feeling better!

What do you like about The Yard?

David and Amy have been so welcoming and we are so grateful for them and their staff to provide this town with such a great place to workout. It has been great to meet people with the same goals(to get healthy) and be a part of that community.