

THE YARD

HAPPY NEW YEAR!

CLASSES

Please continue to book a spot online. If you have difficulties please call the front desk.

NEW CLASSES:

Body in Motion- Sundays at 10:30am

Bootcamp- Tuesday and Thursday at 8am

Stretch Yoga- Sunday at 9:30am

Spin45- Saturday at 8:30am and 9:30am

GENERAL INFO

-We just got an additional back extension machine! Its located near the blue turf.

-Two additional recumbent bikes have been added upstairs. Please leave the bikes downstairs for those who difficulty walking up the stairs.

PARKING-

-There is additional parking on the east side of the building if the main parking lot is full!

Happy New Year! We have some new classes for you, just in time for your new years resolutions! We added a class called **Body in Motion**. It is a class that ties in Pilates, Tai Chi, and weights. We also added another Yoga class, bootcamp class, and another Saturday spin class! All of these classes are included in your membership, you just need to reserve a spot online.

As the classes get busier and busier please remember to reserve a spot online and if you cannot make it please take yourself off as early as possible so we can add those on the waitlist. We are probably going to start charging a \$10 no show fee to those who sign up for a class and do not show.



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.

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



Lisa has been working with our trainer Chad for a couple of months and has seen significant progress in her strength gains! She is now up to 120 pounds on her back squat and her bench is at 70 pounds. Lisa consistently takes spin classes and participates in the pilates and bootcamp classes. We have watched her work hard to achieve her fitness goals and we wanted to recognize and congratulate her on her achievements.

How has The Yard changed your life?

This year I started weight lifting and I am not only stronger and gaining flexibility, I am also building my confidence in every day situations. Both the trainers, Drew and Chad, have helped me set goals and achieve those goals in a safe and challenging environment. Since joining The Yard, I have seen changes in my everyday life emotionally- I am more focused at work, eat healthier, and sleep better!

What do you like about The Yard?

The equipment is top notch, everyone who works here is welcoming and knowledgeable, and the classes offer a variety that fit the needs of all ages and fitness levels.