
THE YARD

PICKLEBALL

Starting in May, we will be introducing Pickle ball Orientations! These sessions will be great for people who are interested in pickle ball and need/want to learn how to play. These will be held on the 2nd Wednesday of every month at 5pm and the 2nd Saturday of every month at 12pm. Please reserve a spot by emailing drewclark564@gmail.com.

SOCIAL EVENTS

We want to bring our Yard community together this summer and host events where you all can attend! Some events we are going to put on are:

- 35 and up single social event at D'Vine wine bar
- Member Pickle ball event
- Movie night at the gym
- Any other suggestions/ideas, please let us know!

Its so nice to finally see some sun! For the summer, we are thinking about putting on a friendly competition between our trainers! Each trainer will put together a team and the teams will compete against each other in workout challenges. If you are interested, please let the front desk know or you can email Drew at drewclark564@gmail.com.

We would like to introduce you to Deb Meyer. She is a Nutritional Coach that we have brought onto our team. Deb has lived in Kingston for 28 years where she has raised both of her boys and continues to be a part of the Kingston Community. In her practice, her focus is on using the foundations of nutrition to help you achieve your best health. In today's society, most of us have some sort of dysfunction in one or more of these areas which can lead to a myriad of symptoms such as fatigue, brain fog, hormonal imbalances, weight gain or just plain not feeling your best. If you want to learn more about her, please explore her website at RootedinwellnessLLC.com.

ROOTED
in WELLNESS

GROUP PERSONAL TRAINING

Interested in group personal training? If you want a personalized workout and enjoy working out with people, then this would be perfect for you! Our trainers Drew and Chad are both available to set up group sessions, they just need a minimum of 4 people! If you are interested, please email drewclark564@gmail.com or talk with Drew or Chad at the gym!

NEW EQUIPMENT

If you haven't already seen them, we have two new pieces of equipment! The first one is an **Ab Rotary Torso** machine. This machine focuses on your "love handles", which is your oblique muscles. The second machine we got is the **Triceps Press Down**. This focuses on our tricep muscles along with chest and shoulders. If you want to learn how to use either of the machines, please come ask the front desk and we would be happy to help!

It's back! The Poulsbo 10K is open for registration! Take a run (or walk!) with us on October 7th through "Little Norway" and along the shores of Liberty Bay. We thought this would be the perfect opportunity to create a little fun here at The Yard and also give back to our community. You can register for the race now and then in August we will have a fundraising page for a local non-profit - Kitsap Cancer Services. We are proud to support Kitsap Cancer Services and their mission to support low-income cancer patients by providing grants to cover their most emergent financial needs. According to KCS the grant applications for 2023 have nearly doubled. Let's see if we can get ourselves in running and walking shape AND give some community members a hand. This fundraising effort was started by our very own member Marnie Clark (aka Drew's Mom) who was diagnosed with cancer in 2021. Last year Team Marnie Rae had 40+ walkers and runners and raised over \$34,000 for KCS. In the name of "friendly competition" we would love to beat those numbers this year!

Also, David thinks he is going to win his age group so there's got to be someone out there to give him a literal run for his money, yes?

To register for the 10K, go to: <https://orcarunning.com/poulsbo-half/>

If you have questions you can contact drewclark564@gmail.com

