

THE YARD

July Newsletter

FRIENDLY REMINDERS

- If there is a class going on in the spin room, turf area, or stretching room, please refrain from going in those areas.
- There are trash cans every where in the gym. Please throw your gum in the trash and not in the urinals or the floor.
- Our classes are getting so full! Please remember to sign up AND take your name off if you can't make it. We will be implementing a no show fee for those who continue to sign up and not show up.
- As of August 1st, if there are any lockers in both the mens and women's locker room that are not registered with us we will be cutting the locks off.
- If you want to leave a wonderful review about how much you love The Yard, go to our website! Also, please go vote for us as the best gym in North Kitsap! Go to vote.kitsapherald.com.
- PICKLEBALL TOURNAMENT:

July 30th at 3pm. If interested, sign up at the front desk or email drewclark@theyardfitclub.com

MEMBER OF THE MONTH

Ginny Morris

When Ginny moved to Poulsbo two years ago, she joined The Yard with her main interest being our classes. She has become an avid spinner along with being one of our most consistent participants in MUV. We have watched Ginny become so strong in fact, she just bench pressed 85 pounds!



“What a great way to meet new friends and get a full body workout while doing it! All of the trainers are fantastic, very supportive and knowledgeable. I like the idea that everyday is different plus being part of a fun group is an added benefit!!! The Yard has made me feel welcome from day one and I look forward to working out which is saying a lot!!”

PERSONAL TRAINING

We have just brought on a new trainer/health coach to be a part of The Yard team. To learn more about her, read below:

I'm Darcy Monette and I have been training clients as a NASM CPT as well as being an IIN Certified Health and Wellness Coach. As a trainer, I love helping people of all ages and fitness levels move better with more confidence and strength so you can do all the things you love without fear or pain. I focus on functional movement training and building on the foundation you already have.

As a Health Coach, I want to work with you to empower you to discover and clarify your health goals. We will create steps to achieve them in order to decrease stress, feel better and live a stronger, happier and healthier life right now. I look forward to working with you!



HUGH AND GRACE- HYDRATE AND DETOX

Coming to The Yard in mid July is a tasting bar of Hugh and Grace's hydrate and detox blend. These are packets of powder that you put into your water and enjoy the taste! The **detox and hydration** packet contains:

- Antioxidants
- L-Glutathione
- Pre and probiotics that supports a healthy body and promotes good gut health
- Sea salt for hydration
- Potassium Citrate for electrolyte balance
- Magnesium Citrate to support heart muscles and boost energy

Everyone is welcome to come to the tasting bar and sample these packets along with asking them questions about the product. Stay tuned for the day/time!

