

THE YARD

October Newsletter

BARRE CLASS

A lot of our members have been asking when we are going to be bringing a barre class into the gym. Well your wishes have been granted!

We are adding two barre classes into our schedule weekly. These classes will be held on:

Wednesdays at 9:00am

Fridays at 8:00am

Our first class will be on **Friday, November 3rd.**

Barre is an extra cost per class, which will be \$15. We will be offering a punch card or you can buy one class at a time.

Barre is a toning, full body workout which engages muscles through controlled, low impact movements. Barre challenges anyone looking to fine-tune their physique, deepen core strength, and lengthen and lean out their muscles. These workouts incorporate the actual "Barre" as a prop to help you balance, leaving you to focus on isometric strength movements.

COMING SOON TO THE YARD...

EMILY RUCKMAN, NURSE PRACTITIONER /ASCEND HEALTHCARE:

Ascend Healthcare believes in affordable individualized, holistic care integrating personalized lab panels and health screenings to create a uniquely adapted plan to maximize patient outcomes targeted to improve both well-being and quality of life. We are especially passionate about graceful aging and preserving quality of life and functionality. Ascend Healthcare offers: lab-guided nutraceutical treatment, hormone replacement therapy, mental health services including treatment and management of depression, anxiety and ADHD, ultrasound guided platelet rich plasma injections, medically supervised weight loss including the option of semaglutide, customized nutrient and aesthetic support for individual needs and goals.

As a member of The Yard, you get 15% off most services so take advantage of that!

Emily will be hosting a meet and greet at The Yard at the end of October or early November. At this meet and greet, you will learn more about the types of services offered and the cost of them.



FRIENDLY REMINDERS

- Go vote for us as the Best Gym in Kitsap County! You can vote once per day. We would love your support. The voting ends on October 22nd.

vote.kitsapdailynews.com

- As you leave the gym, please check your pockets for our rags... Our rags have been disappearing! If you have some at home, please bring them back to us:)
- We ask that you spray the rag and wipe down the equipment versus spraying the equipment directly. The direct spray on the equipment is harmful to them.

PERSONAL TRAINING

-Interested in personal training or health coaching?

One of our trainers, Darcy Monette, is offering a free 30 minute consultation for health coaching or personal training!

You can reach her at:

darcymonette@yahoo.com

360-633-0789

-Grab a couple of your friends and hire a trainer for group personal training! Its a great and fun way to get a workout in.

MEMBER OF THE MONTH

Josh Hillman

Josh joined the gym back in February of 2022 with the determination to lose weight and get healthy. Over the course of the year, we watched Josh come to the gym every day, working his butt off to achieve his fitness goals. Since joining, Josh has lost 150 pounds, gained lots of muscle, and has found a new passion for working out.

We wanted to recognize his hard work and dedication to the gym and to bettering himself. If you see him in the gym, congratulate him on his weight loss journey!

