

THE YARD

April Newsletter

REMINDERS

- When you are on a machine, be aware of how long you are on it for and please refrain from using your phone.
- Please remember to check in at the front desk when you get to the gym. We track attendance and its especially important if you are taking classes!
- We have noticed an increase of chewed gum and candy wrappers on the gym floor. Make sure it is making it into the trash can.

BODY SCANNER

- Want to know what the number on the scale means? Our scale can tell us what % of body fat you have along with lean muscle mass and inform you where your fat is stored.
- We now have a scale/ scanner that converts all of that for you!
- Purchase a punch card that will give you 5 uses for \$25.

CLASSES

Our classes have become so popular over the past couple of months and we love to see it! Classes provide accountability to help get you to the gym along with creating camaraderie and a positive environment to get your sweat on with others! That being said, we have added new/more classes and will be following our cancellation/no show policy more closely.

Our added classes are:

Stretch Yoga: Tuesday/Thursday at 11:00am with Julia

Mat Pilates: Coming soon... Our instructor, Chad, has moved onto a new job. If you know anybody that teaches pilates or if you are interested, please email drewclark@theyardfitclub.com!

Pickleball Social

Our last Pickleball Social and Going Away Party for Chad was a great success and a fun day for all who participated! The weather cooperated and Chad was victorious, sending him off in style! We loved bringing the members together and enjoyed creating that community with you all.

We will be having another Pickleball Social in May, date to be announced soon. Please sign up at the Front Desk if interested.

ASCEND HEALTHCARE

Ascend Healthcare believes in providing individualized, holistic health 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.

- Facilities individualized wellness in a proactive and preventative way to help patients live their fullest most fulfilling lives possible.

MEMBER OF THE MONTH

Carmen and Eva Pinto

Carmen and Eva have been members of the gym since we opened back in September 2021. They are involved with trainers, taking classes, along with working out on their own!

What do you like about the gym?

We have had multiple gym memberships and had great experiences, but the Yard is our favorite by far. It's close to home and everything is kept clean and in good working condition. There is an excellent variety of equipment and classes offered and the facility is spacious and beautifully decorated. The employees are warm and friendly, and offer help without being asked.

How has The Yard changed your life?

When the Yard opened, we were so excited to have a new gym opening up in Kingston. We were both fairly active but had had some health issues which caused us to stop working out for a period of time. The timing was perfect. We both have regained so much strength and improved our fitness level in the last 2 years with the help of the owners and trainers at the Yard. They have created not just a place to "work out" but a community of people, staff and gym clients alike, that are caring, supportive and enthusiastic about Health and fitness.

