

THE YARD

Happy New Year!

CLASSES

- Please continue to reserve your spot online for your classes. As the classes get busier, reserving a spot guarantees your spot in the class and if no one is signed up for class, the instructor will not show.
- If you cannot make your class, you need to cancel 3 hours in advance so it allows us to add and notify the waitlist members. If you do not cancel and do not show up, you will be charged a \$10 no show fee.
- **BARRE Class:** Looking for a good lower body/core workout? Barre is where its at! We added a barre class to our schedule- Wednesday and Friday at 8:00am with a fee of \$15 per class.

SENIOR PROGRAMS

- If you are a member here through Silver and Fit or Renew Active, you HAVE to re-enroll to be members of this gym.
- Silver and Fit members- you need to contact Silver and Fit, re-enroll and pay your monthly fee again. Your membership is considered inactive until you re-enroll.

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! Stay tuned for our next event at The Yard where the owner of Ascend Healthcare, Emily, will answer any questions you may have.

MEMBER SOCIAL EVENT

In December, we hosted a going away event at the wine bar in Kingston because one of our employees was headed to a new job. So many of our members showed up and had a great time. We want to host another member social event to bring our community together!

Stay tuned for the dates and location, but in the meantime, if you are interested in attending, talk to the front desk or email drewclark@theyardfitclub.com.

We hope to see a lot of you there!

PERSONAL TRAINING

- Kick off your 2024 fitness goals with a training session or re-programing with one of our trainers.
- We have 3 trainers on staff! Drew Clark, Chad Trask, and Darcy Monette.
- Email drewclark@theyardfitclub.com to set up a session and find a trainer that aligns with your goals.

FRIENDLY REMINDERS

- As you enter the gym, please remember to grab a wipe down rag and wipe down the equipment after you are done using it.
- Please be aware of how long you are on a piece of equipment. This is the busiest time of the year in the gym. We do not have endless equipment, so please share or get your sets done quickly.
- Every time you come to the gym, you NEED to check in at the front desk. If you forgot your scanner, you can check in with your name.
- Stay tuned for more information on a GALentines workout on February 17th. We want to bring all women together to workout and then have drinks/food afterwards!

MEMBER OF THE MONTH

Hannah Menefee

1. How has The Yard changed your life?

I was 340lbs. I lost 40lbs once my body systems were regulated through medication, and exercise, lost another 10lbs with diet/ nutritionist. I got a gastric bypass, now I am 180- 185lbs with surgery, but it's still been a lot of hard work. I go to the gym whenever my health allows and I use as much resistance as I can with the machines. I feel better in my body at age 42 than at any other time in my life. I have more energy and feel solidly connected, strong and my body wants to move.

2. What do you like about The Yard?

The Yard has been a great gym to be a part of. The equipment is new and always functional, the staff are friendly and the bathrooms remind me of a spa and are always super clean. It all makes wanting to go to the gym much easier for me.

