

THE YARD

February Newsletter

REMINDERS

- Every member needs to be wiping down equipment when they are done using it. Please spray the RAG and not the equipment.
- 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!
- When you are done using a piece of equipment, please remember to put it back where you found it :) Help us keep our gym clean and organized!

MAT PILATES/ YOGA

- Mat Pilates will be starting back up in February! The class days/times are:
 - Wednesdays at 4:00pm
 - Fridays at 11:15am
- An additional yoga class has been added on Thursdays at 11:00am for those that are on the waitlist for the other classes.

New System- Antaris

As most of you know by now, we have changed what membership system we use. The biggest benefit of the new system is the use of an app! From the app, you can check in, sign up for classes, revise your form of payment, and so much more! If you have any questions on how to use it or how to download the app, talk to the front desk.

Insurance Programs

We are going to be making a few changes for the new year on the senior programs to allow the gym to support them. We will continue to participate this year with the insurance based senior programs but ALL MEMBERS that are on Renew Active, Silver and Fit, or the One pass will need to pay \$20 a month whether you take classes or not. You will need to put a card on file the next time you come in.

With these programs, it is difficult and time consuming to have to manage these programs, track member attendance, and submit into their portal every month for us to get reimbursed which is approximately 50% of our regular Senior membership.

We want to continue to support the senior programs but with the addition of the new program, One Pass, we need add the \$20 monthly fee or we will be forced to cancel ALL programs. Hopefully you can understand and if you have any questions, reach out to David or Amy.

MEMBER OF THE MONTH

Donna Ingham

ONSITE CHIROPRACTOR

Feel Better, Move Better with On-Site Chiropractic Care!

Dr. Josh Bailey, a chiropractor with 17 years of experience, is available right here at The Yard on Tuesdays and Thursdays. Whether you're looking to address pain, improve functional movement, or support your overall wellness, Dr. Bailey offers same-day appointments, walk-ins, and works with most insurances. No long-term care plans required—just effective, rehab-focused chiropractic care tailored to your needs. Scan the QR Code to book your appointment today



Donna joined the gym in hopes to get in shape and find a gym that was welcoming and inclusive to all members. She immediately started working with a trainer to get set up on a program and to learn proper form so she doesn't get injured. Since then, she has not only become very comfortable/confident in the gym, she has become one of the strongest and most consistent bootcamp class takers! If you see her in class, she is pushing herself to the limits with every exercise and cheering her classmates on to do the same. Your hard work has not gone unnoticed, Donna!

What do you like about the Yard?

I enjoy the Yard's facilities, their instructors and its friendly atmosphere. The range of classes at the Yard covers pretty much any challenge you might be up for, from Bootcamp, MUV, Yoga, and of course spin. The owners, David and Amy, the personal trainers and the class instructors are great and are there to assist us with any questions we may have. I look forward to going to the Bootcamp class, seeing the familiar faces and the camaraderie between classmates. We have one instructor that likes to remind us, this is best part of our day, and I believe she is right.