

# THE YARD

## May Newsletter

### PICKLEBALL

Hooray! The weather is getting nice out again... With nice weather comes pickleball playing!

The courts have been repainted and are ready to go for the season.

On **May 30th from 1-3**, we will be hosting a pickleball social for all members to attend! We will be playing doubles and there will be a prize for the winner :)

Food and drinks will be provided!

Please RSVP at the front desk for this.

Additionally, our pickleball pro, Ben Fahey will be conducting some pickleball clinics this summer. Please check with the front desk if you are interested! Dates are TBD.

### Business of the Month

The Yard Fitness Club wants to promote and support our local businesses within our community. If you are interested, please let us know! So this month we picked a business selfishly...

#### *D'Vine Wine Bar and Bistro*

David and Amy have become part owners of the wine bar in Kingston, along with David's sister Chris, and her husband Jim Anderson. Micki Monroe, the original owner, will stay on as manager of the business. They have done a partial remodel of the space and are working to revamp the menu. The back deck is currently being redone and should be open soon, just time time for the nice weather. They will be having live music and special events this summer on the deck! Please follow d'vine on social media for event dates.

Sunday brunch is back from 10am-2pm, featuring bottomless mimosas and a delicious menu of brunch items. Reservations are strongly recommended.

All Yard members will receive 10% off the bill by showing your key tag scanner to your server!



## Personal Training

### Darcy Monette

I am a certified health and wellness coach that can help you reach your goals!! I can help you discover and clarify your health goals and begin to create steps to achieve them through accountability and a proactive individualized approach in order to decrease stress, feel better and live a stronger, healthier life. There is no 'one size fits all' and every person has their own journey. Whether it's to have more energy, sleep better, decrease sodium, lose a little or a lot...I am looking forward to working with you!

[darcymonette@yahoo.com](mailto:darcymonette@yahoo.com)

### Ian Youngblood

As an ex collegiate athlete and former anatomy and physiology instructor, I am a passionate advocate for health and wellness, with a focus on strength training and functional fitness. I specialize in helping individuals of all fitness levels build strength, improve mobility, and cultivate sustainable habits for long-term health. Drawing on a combination of evidence-based techniques through my many years as a firefighter and Registered Nurse, I personalize my coaching to empower clients to achieve their fitness goals while prioritizing overall well-being.

Whether it's through tailored strength training programs, nutrition guidance, or mindset coaching, I truly believe in a holistic approach to wellness that fosters both physical and mental resilience.

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### Drew Clark

With a passion for basketball, I have always been involved in the fitness industry. Due to having eight knee surgeries, I have gained a lot of knowledge of rehabbing injuries, especially knees, and enjoy helping people get out of pain or continuing their physical therapy. My training style is focused on functional training with the intent for my clients to gain confidence and strength to move through their life with no pain and with the feeling of being strong. Whether my clients goals are to lose weight, build muscle, feel better, or get out of pain, I focus their sessions around their goals, fitness capabilities, and making working out fun!

## General Information

- A gentle reminder that when you are using a machine or using multiple machines at once, to please share equipment with other members and limit your phone use while exercising:)

Things to say to a member thats waiting for the machine you are on:

- "I only have one more set left!"
- "Would you like to work in with me? You can do a set while I am resting."

The Yard has always strived to bring our community together and to make every single person in the gym feel included. So when you are noticing someone waiting for your machine, remember, we are making our community stronger, one member at a time:)

- We ask that you spray the RAG and not the equipment with the sanitizer. Thank you:)
- We love to see our classes getting full! That being said, if you cannot make the class you signed up for, please remove yourself from the class to allow others to sign up for it.
- Late Cancellation fee(2 hours or less)- \$10
- No show fee-\$10