

THE YARD

October Newsletter

REMINDERS

ATTENTION ALL SENIOR PROGRAM MEMBERS

**Please check with
the front desk for
the upcoming
changes and
programs we will
be supporting in
2025.**

PICKLEBALL

Ben will continue to host pickleball lessons as long as the weather allows it.

Schedule for October:

-Friday 10/11 and 10/25 at
5:15pm

-Sunday 10/13 at 5:15pm

Book online or at the front
desk!

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! October's business of the month is...

AireServ- Heating and Air Conditioning

Hi fellow Yard members! My name is Derek Barker and my business partner pictured below is Brian Leibold. We are local, grew up in Kitsap County and are veteran owned. We are committed to providing top-quality heating/cooling repair, installation, and maintenance service while ensuring the job is done correctly and efficiently for our community. 360-205-5050 Call us for all your HVAC needs. Make sure to mention The Yard to receive a 15% discount on all services!

www.aireserv.com/kitsap-county



**The Yard Fitness Club
won the Best Fitness
Center in the North
Kitsap region! We have
won this award every
year since we opened!**

**Thank you to everybody
who voted for us.**

**Please keep your eye
out for when the voting
opens for The Best of
Kitsap County!**

General Information

- We are looking to bring on another yoga instructor. The classes we are needed coverage for are Tuesday/Thursday at 11:00am. If you are interested or know of someone who might be interested, contact Drew at drewclark@theyardfitclub.com
- 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 that's 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:)
- Twice a month until the end of the year, we have a licensed massage therapist, Sarah, coming to the gym for pop up events. She is offering 30 minute massages that are done in the stretching room.
 - October 7th and October 12th
 - \$40 per massage
 - Reserve at the front desk