

# THE YARD

## August Newsletter

### GENERAL INFO

#### NEW CLASS SCHEDULE:

- Spin45 has moved from 9:30am to Monday-Thursday at 9:00am.
- Mat Pilates has been removed from the schedule for the time being.
- MUV Class has changed to 10:00am.

#### REMINDERS:

- Please be aware of your personal hygiene. We understand that we are all here exercising, but be mindful of the people around you. Remember to wear deodorant and along those lines, avoid heavy perfumes and colognes! Thank you.
- Our gym is not a body building gym. Please do not drop the weights or slam machines.

## Businesses 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!

### Chiropractic at The Yard — Walk-In, Pay What You Can

Dr. Josh Bailey offers walk-in chiropractic care at The Yard most Tuesdays and Thursdays from 12-4 PM — no insurance, no appointments, just pay what you can (most people give around \$50). To get the most up-to-date hours and any schedule changes, sign up for his weekly newsletter at [www.drjoshbailey.com](http://www.drjoshbailey.com). Whether you need a tune-up after training, relief from aches and pains, or just want to keep your body moving well, swing by during open hours.

## 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**

### **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.

**ianmjyoungblood@gmail.com**

### **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!

## Member Spotlight

### *Jennifer Shaughnessy*

Hi! I'm Jennifer Shaughnessy, and I'm passionate about helping women fuel their bodies properly to support their fitness goals. At 39, I transformed my life by losing 50 pounds and have kept it off for almost 4 years through proper nutrition and consistent training.

Even though I had a full home gym, I found myself making excuses and my workouts were starting to slip. I knew I needed a change of environment and accountability, so almost 3 years ago, I made the decision to join The Yard. I'll be honest - it was intimidating at first! I wasn't used to lifting around other people and felt nervous about working out in a gym setting.

But joining The Yard turned out to be one of the best decisions I've made for my fitness journey. What started as simply needing to get out of the house became so much more. I found an incredible community, genuine support, and real friendships that have kept me motivated and accountable in ways I never expected.

The Yard has been instrumental not just in maintaining my physical transformation, but in providing the community and encouragement I needed to stay consistent with my goals. Now, as a Nutrition Coach specializing in women who lift, I get to help other women combine proper fueling with the strength training we all love - no extremes, no burnout, just results that match your effort.

For more information regarding nutrition, contact Jennifer at: **info.crushingyourgoals@gmail.com**

