

Welcome Paige Hardy!



We are pleased to welcome Paige Hardy to our team as Fitness Director. She has a long list of professional certifications and a lifetime of experience she is eager to share with us. Instilling and reinforcing confidence in women and men is her passion.

Her nationally-recognized certifications include NCSF Personal Training, AFFA Group Training, NCSF Strength and Conditioning, CrossFit, Cardio Bag, Advanced Kettlebell, and RevFit. She is a national presenter for Revgear University and created the program RevFit HIT.

As the daughter of a fitness/self-defense professional with more than 40 years in the industry, she grew up valuing health and fitness. She developed a love for sports, too, and became a top athlete in high school. She participated in track, soccer, volleyball, and basketball, and then went on to play collegiate soccer.

In 2009 she accepted the position of Area Fitness Director at STW Krav Maga Self Defense and Fitness Regional Training Center in San Antonio, Texas. She made the STW Krav Maga fitness department the nation's largest group fitness program by creating many new classes and building a broad fitness schedule. They hosted up to 140 people per class! A pet project of hers was STW's Dangerously Cute, an award-winning program that teaches young women some basic self-defense skills.

All of the fitness programs she has created carry the "fight for your life" mindset that she learned from Krav Maga. She believes mental toughness is as important as physical ability. Her own was put to the test recently. While hiking in the Cascades, a falling rock smashed into her face. She had to wait three hours with a broken jaw, nose, four front teeth knocked out, and her lip split open before she was finally airlifted out and taken to Harborview.

Back in Texas, her resilience and passion for changing lives drove her back to work before she was even fully recovered. "I got back out there as soon as I could. I did it for my members." Her relationships with her clients were such that teaching without her front teeth "was not even a thing."

She looks forward to building the same kind of mutually respectful connections here in Yakima at YAC Fitness. "I hope people can appreciate what it is that I am trying to bring to the table. My desire is to create more confidence in people with a no-quit kind of attitude about life".

Get In Shape – Go Home Safe

YAC Fitness is rolling out some exciting new programs in November! Paige Hardy joined our team this summer and brought some exciting new classes exclusively offered only in San Antonio, Texas!

These will be available only at YAC Fitness right here in Yakima WA!

Cardio Bag, RevFit Hit, MixFit and KettleBell classes are rolling out Oct. 30th for our members to experience first. Shake up your current work-out routine and give them a try **FREE** for two weeks!



How Do I Sign Up?

ADDITIONAL \$43/MONTH TO ADD ALL FOUR OF THESE CLASSES TO CURRENT MEMBERSHIP

The Original Cardio Bag (45 min)

Do you know what it is like to have to fight for your life? Have you ever felt the hair stand up on the back of your neck from a potential threat? You will be coached on how to combine stance, body rotation, and proper timing all while hitting your 100-lb six-foot-tall Heavy Bag to the beat of the music along with all-in all-out free working rounds. This class is designed for all ages. We will train you to be mentally tough. This bag class is exhilarating, powerful, and truly one of a kind.

RevFit HIT (45 min)

Learn striking and combative skills on a weighted Revgear Pod Bag combined with fitness movements in this high-intensity cardio conditioning class. When is the last time you tested your limits and really reminded yourself just how incredible you are? Take your fitness to the extreme.

ADDITIONAL \$13/MONTH TO ADD THESE TWO CLASSES TO CURRENT MEMBERSHIP

MixFit (45 min)

This is a rigorous 45 minutes of interval training: 15 minutes of explosive, varied movements incorporated with heavy weights, 15 minutes of heightened cardio work with minimal rest between each set, and 15 minutes of abs and/or challenges (at the instructor's discretion). Be prepared for anything and everything! Battle ropes, dumbbells, kettlebells, wallballs, medicine balls, steps, TRX and more. The unknown is the beauty of this program and is sure to change the game for you.

KettleBell (40 min)

This class emphasizes using your core and stabilization of the trunk in its entirety. Kettlebells are ideal for performance, ballistic movements, whole-body exercises such as cleans, snatches, goblet squats, presses and more variations. This workout will leave you drenched in sweat and give you an experience like you've never had in working with a kettlebell.

MEMBER SPECIAL!

\$25/MONTH FOR FIRST TWO MONTHS

Limited Offer for First 20 sign-ups. Also receive 25%OFF glove purchase
Trial classes begin October 30

For Your Information

Holiday Hours – Key card access only

November 23rd - Thanksgiving Day – No Staff

December 25th – Christmas Day – No Staff

Holiday Guest Fees:

Holiday guest fees for member's guests and family:

One time visit is \$8 + tax per person at YAC Fitness

Week passes are available for 50% off for member's guests and family

Staffed Hours Check-In Procedure Change:

With the changes in program offerings and membership options, during staffed hours you will need to follow the new check-in procedure:

When entering the gym, please stop at the desk and allow the front desk attendant to scan you in. If you will be attending any class that day, they will issue a class card to present to the instructor. This is your ticket into each class.

Members: Do Not Leave Your Valuables in Your Car!

We are not immune to break-ins at either of our facilities. If you experience an incident, please call the police and report it.

Weight Room Etiquette

Be courteous to other members by re-racking your weights after you use them. Some members cannot and do not want to load and unload the heavier weight plates. We have many weight trees available for all our free weights to be re-racked.

Please use the athletic wipes that we provide for you to wipe off your equipment, benches, cardio, etc. Our wipes are gym-ready to clean and disinfect.

Be respectful of others around you. Be courteous to each other. This is a public environment and we all need to work together to make the environment positive and safe.

YAC FITNESS

Open 24 Hours