

ELEVATE

fitness + wellness



My journey at Elevate started a little over a year ago. I was in a rut with my workout routine and was just looking for something different. After the 2 week trial period I was hooked. It is one of the best decisions I have made for myself. I work out of the house so the 8:30 class has been perfect for me. I am able to get my boys off to school and then jump in my car and head to class. It has just become a habit for me and there is no questioning whether I am going to class or not. All of the trainers have been so amazing...especially Kelly who typically teaches the 8:30 class. They are so motivating and push you to go further. In the beginning, there were several moves I needed to modify in order to get through them. I am now able to do most of the moves without modifying and in some cases can do the more advanced move.

One of the biggest reasons why I love Elevate so much are the PEOPLE!! Elevate has given me the opportunity to meet so many different people of all ages and fitness levels. There is absolutely no judging, only encouraging. I especially want to give a shout out to my girl, Lynn Sheffer! She started coming to Elevate after the holidays and it has just been awesome getting to know her. She always has a smile on her face when she walks in the door and can keep me laughing even through the hardest workout. I know our paths probably would have never crossed if it wasn't for Elevate!

Molly