

Customer Highlight



Paul
HOWELL
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Just over a year ago, my wife Joyce started encouraging me to go to this new gym called Elevate. I was a little overweight, had some nagging back problems, and after work at my law office or in court, was exhausted. After continued urging from Joyce, I relented. That first early morning walk to Elevate last August, I trudged behind her, complaining all the way.

Well, those two weeks changed my life. By the end of the first week, I was actually looking forward to my morning workouts. Kelly and the other instructors made everyone feel welcome, while encouraging us to push ourselves to improve and get the most out of the workouts. They provide a variety of exercises, motivational music, and timely instruction. Before you realize it, you've become part of the Elevate family, having fun with wonderful people and improving your mental and physical health. I lost 15 pounds and am stronger and slimmer. But best of all, I have more energy and far fewer aches and pains.

So, thank you Kelly, Mike, Dan, Natalie, and Erin and all my new friends at Elevate for changing my life through exercise. But especially thanks to Joyce for dragging me out of bed that steamy August morning. Who knew that a 3 block walk each morning could make such a difference!