

ELEVATE

at the Y

Ready to push your limits and unlock your potential? Welcome to Elevate, our new small group training experience located inside the YMCA Training Center. Designed for those who want more than a workout. Elevate offers an empowering results-driven path to better health and strength guided by expert coaches and supported by motivating community. Registration for all classes opens one week in advance, so you can secure your spot early.

ELEVATE at the Y Training Center (Effective December 1)

DAY	TIME	CLASS	INSTRUCTOR
Monday	5:15-6:15 a.m.	XTRAIN60	Leslie
Monday	6:30-7:30 a.m.	XTRAIN60	Leslie
Monday	9:30-10:30 a.m.	XTRAIN60	Megan
Tuesday	5:30-6:30 a.m.	XTRAIN60	Lauren
Tuesday	9:30-10:30 a.m.	XTRAIN60	Lauren
Tuesday	5:30-6:30 p.m.	CIRCUIT60	Coach Rotation
Wednesday	5:30-6:30 a.m.	CIRCUIT60	Lauren
Wednesday	9:30-10:30 a.m.	XTRAIN60	Morgan
Wednesday	6-7 p.m.	ELEVATE Youth (Ages 12-15)	Blake
Thursday	5:30-6:30 a.m.	XTRAIN60	Megan
Friday	5:30-6:30 a.m.	XTRAIN60	Morgan
Friday	9:30-10:30 a.m.	XTRAIN60	Leslie



B.R. RYALL YMCA
 49 Deicke Dr.
 Glen Ellyn, IL 60137
 630.858.0100
www.brlyallymca.org

