

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 January 5)

DAY	TIME	CLASS	INSTRUCTOR
MONDAY			
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			
Tuesday	5:30–6:30 a.m.	XTRAIN60	Lauren
Tuesday	9:30–10:30 a.m.	XTRAIN60	Lauren
WEDNESDAY			
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			
Thursday	5:30–6:30 a.m.	XTRAIN60	Megan
FRIDAY			
Friday	5:30–6:30 a.m.	XTRAIN60	Morgan
Friday	9:30–10:30 a.m.	XTRAIN60	Leslie
SATURDAY			
Saturday	9–10 a.m.	XTRAIN60	Morgan

The Coaches



Megah Fahey
Group Fitness Director



Lauren Kerr
Personal Training Manager



Leslie Krueger



Morgan Stumpf



Blake Schaffnit

The Classes

XTRAIN60

Intermediate/Advanced | 60 min.

60 minutes. One workout. All Disciplines. No Limits. High-intensity fusion of strength, cardio and endurance. Elevate every session – strength, speed, power and agility. Pure cross-training. Raw. Effective. Built for performance. Train hard. Recover smart. Repeat.

CIRCUIT60

Intermediate/Advanced | 60 min.

60 minutes. Full throttle. Dynamic. Timed Challenging stations. Balanced. Intense. Minimum rest/Maximum calorie burn. Move fast. Sweat hard. Finish strong.

ELEVATE Youth

Ages 12-15 | 60 min.

Build a stronger, more powerful foundation. This class focuses on developing the key athletic positions that drive success in a variety of sports. Athletes will work on improving arm strength, core stability, and single-leg balance – all essential for explosive movement and injury prevention. Through targeted strength, mobility, and coordination drills, participants will enhance their overall athleticism.

