

# 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 March 16)

DAY	TIME	CLASS	INSTRUCTOR
<b>MONDAY</b>			
Monday	5:30–6:15 a.m.	ELEVATE 45	Leslie
Monday	6:30–7:15 a.m.	ELEVATE 45	Leslie
Monday	9:30–10:30 a.m.	ELEVATE 60	Megan
<b>TUESDAY</b>			
Tuesday	5:30–6:30 a.m.	ELEVATE 60	Lauren
Tuesday	9:30–10:30 a.m.	ELEVATE 60	Lauren
<b>WEDNESDAY</b>			
Wednesday	9:30–10:30 a.m.	ELEVATE 60	Morgan
Wednesday	6–7 p.m.	ELEVATE Youth (Ages 12–15)	Blake
<b>THURSDAY</b>			
Thursday	5:30–6:30 a.m.	ELEVATE 60	Megan
<b>FRIDAY</b>			
Friday	5:30–6:30 a.m.	ELEVATE 60	Morgan
Friday	9:30–10:30 a.m.	ELEVATE 60	Leslie
<b>SATURDAY</b>			
Saturday	9–10 a.m.	ELEVATE 60	Morgan

# The Coaches



**Megah Fahey**



**Lauren Kerr**



**Leslie Krueger**



**Morgan Stumpf**



**Blake Schaffnit**

# The Classes

## **ELEVATE 45/60**

**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.

## **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.

