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 May 11)

DAY	TIME	CLASS	INSTRUCTOR
MONDAY			
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
TUESDAY			
Tuesday	5:30-6:30 a.m.	ELEVATE 60	Lauren
Tuesday	9:30-10:30 a.m.	ELEVATE 60	Lauren
Tuesday	7-8 p.m.	ELEVATE Youth	Blake
WEDNESDAY			
Wednesday	9:30-10:30 a.m.	ELEVATE 60	Morgan
THURSDAY			
Thursday	5:30-6:30 a.m.	ELEVATE 60	Megan
Thursday	7-8 p.m.	ELEVATE Youth	Al
FRIDAY			
Friday	5:30-6:30 a.m.	ELEVATE 60	Morgan
Friday	9:30-10:30 a.m.	ELEVATE 60	Leslie
SATURDAY			

**Please note: The Saturday class will resume on June 6 and the hours will run from 8:30–9:30 a.m.