

Your workout. Your pace. No limits. Unstructured training in the ELEVATE space. No set start or stop time. Lift. Condition. Move how you want. 5 minutes or a full hour — you choose. Optional workout provided. Or create your own. Full access to equipment. First come. First serve. Share the space. Music on. Lights up. Energy high. Train your way. Stay consistent. Keep building. ELEVATE your workout. ELEVATE Summer Strong Challenge members will receive this at no extra price – price for non-challenge participants will be \$10/YMCA member \$18/Non Member.

DAY	TIME	COACH
Tuesday, May 12	5:30–6:30 p.m.	Al
Wednesday, May 13	6–7 a.m.	Leslie
Thursday, May 14	5:30–6:30 p.m.	Al
Tuesday, May 19	11 a.m. to noon	Lauren
Tuesday, May 19	5:30–6:30 p.m.	Al
Wednesday, May 20	6–7 a.m.	Leslie
Thursday, May 21	5:30–6:30 p.m.	Al
Tuesday, May 26	11 a.m. to noon	Lauren
Tuesday, May 26	5:30–6:30 p.m.	Al
Wednesday, May 27	6–7 a.m.	Leslie
Thursday, May 28	5:30–6:30 p.m.	Al
Friday, May 29	11 a.m. to noon	Leslie
Sunday, May 31	8–9 a.m.	Leslie
Tuesday, June 2	11 a.m. to noon	Lauren
Tuesday, June 2	5:30–6:30 p.m.	Al
Wednesday, June 3	6–7 a.m.	Leslie
Friday, June 5	11 a.m. to noon	Leslie
Saturday, June 6	6–7 a.m.	Morgan
Tuesday, June 9	11 a.m. to noon	Lauren
Wednesday, June 10	6–7 a.m.	Leslie

DAY	TIME	COACH
Thursday, June 11	5:30–6:30 p.m.	Al
Friday, June 12	11 a.m. to noon	Leslie
Saturday, June 13	6–7 a.m.	Morgan
Sunday, June 14	8–9 a.m.	Leslie
Tuesday, June 16	11 a.m. to noon	Lauren
Tuesday, June 16	5:30–6:30 p.m.	Al
Wednesday, June 17	6–7 p.m.	Leslie
Thursday, June 18	5:30–6:30 p.m.	Al
Saturday, June 20	6–7 p.m.	Morgan
Tuesday, June 23	11 a.m. to noon	Lauren
Tuesday, June 23	5:30–6:30 p.m.	Al
Wednesday, June 24	6–7 p.m.	Leslie
Thursday, June 25	5:30–6:30 p.m.	Al
Friday, June 26	8–9 a.m.	Megan
Saturday, June 27	6–7 a.m.	Morgan
Saturday, June 30	11 a.m. to Noon	Lauren
Tuesday, June 30	5:30–6:30 p.m.	Al
Wednesday, July 1	8–9 a.m.	Megan
Thursday, July 2	5:30–6:30 p.m.	Al