

ELEVATE

at the Y

ELEVATE at the Y Training Center (Effective June 1)

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	7–7:45 a.m.	ELEVATE 45	Lisa
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	7–7:45 a.m.	ELEVATE 45	Lisa
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			
Saturday	8:30–9:30 a.m.	ELEVATE 60	Morgan

The Coaches



Megah Fahey
ELEVATE Manager



Lisa Doherty



Lauren Kerr



Leslie Krueger



Al Michalowski



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.

