

ELEVATE

at the Y

ELEVATE at the Y Training Center (Effective August 1)

DAY	TIME	CLASS	COACH
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	Katie
Monday	10:30–11:15 a.m.	ELEVATE RECOVERY LAB	Alyssa
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	5:30–6:30 p.m.	ELEVATE 60	Al
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	5:30–6:30 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
SUNDAY			
Sunday	6:30–7:30 a.m.	ELEVATE HYBRID	Al

The Coaches



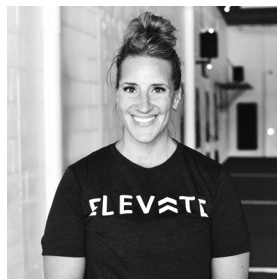
Megah Fahey
ELEVATE Manager



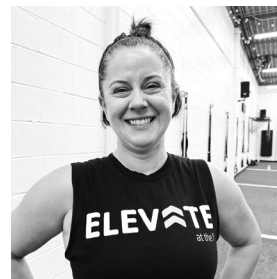
Lisa Doherty



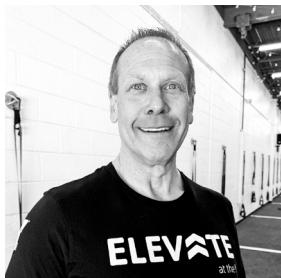
Lauren Kerr



Leslie Krueger



Katie LaDow



Al Michalowski



Alyssa Nichols



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 HYBRID

Intermediate/Advanced | 60 min.

Eight runs. Eight stations. One powerful workout.

Build strength. Boost endurance. Improve performance. Utilizing the SkiErg, sled push, sled pull, burpee broad jumps, rower, farmer's carry, sandbag lunges, and wall balls, you'll challenge your body, sharpen your mindset, and uncover what you're capable of. Every workout is scalable, empowering you to improve performance at your own pace. Train with purpose. Build resilience. ELEVATE your potential.

ELEVATE RECOVERY LAB

This focused recovery session combines mobility work, stretching, foam rolling, and activation exercises to improve movement quality and support total-body recovery. Utilizing foam rollers, straps, and mats, you'll release tight muscles, improve flexibility, increase mobility, and build a stronger foundation for your workouts. Leave feeling refreshed, restored, and ready to ELEVATE your next performance.

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.

