

Customer Highlight



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POST
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"They say "Use it or Lose it", once I hit my 50's I found out this is no joke. My metabolism went to zero, I started losing my flexibility and having aches and pains in my lower back.

I'm in a family of runners who can run miles and miles and never get tired. It isn't like that for me, after only a few blocks, I need to stop for air. It wasn't till I started my "Free Two Week Trial" at Elevate that I finally found something I loved doing. Now I know what they mean when they say "I need my fix". The Interval training gives me that 10 second break I need to catch my breath and move onto the next station. The trainers at Elevate are so upbeat and supportive, the music is awesome and the flexible class schedule lets me fit my workout in no matter what my schedule is like. The modifications they provide make it possible for me to do the entire workout and never feel intimidated by the younger more athletic members. Hands down, the best 45 minutes of the day!

I may never be a "Runner" but I'm an "Elevater", I'm 58 and never felt better.