

When Mike and I heard the news that Kelly Hoying was starting a new journey sharing her passion for fitness and wellness, we immediately said, "Sign US up!" Our journey at Elevate started in August of 2017. After our first class, we knew this was the start of something special (and sweaty)! Elevate offers so much more to the community of people it serves than just a challenging workout. Elevate provides each individual who walks through the door a "FAMILY" of encouraging people who want the best for each other. The trainers (Kelly, Mike, Natalie, Dan, Erin, Macy, Therese, and Joyce) are incredible motivators who creatively develop a variety of workouts, encourage you through them, and inspire you to think about your lifestyle beyond the 45 minute workout. Elevate provides wellness challenges to help you try to better your lifestyle through healthy, smart, and clean meal & snack choices. Along with the trainers, workouts and wellness challenges, not to mention the variety of incredible playlists (by DJ Mike), Elevate provides that extra special ingredient which motivates us to return every morning at 5 AM, FAMILY. The people we workout with daily, encourage us to be our best physically and mentally. They help push us through those tough moves & minute rounds, and make us smile after accomplishing the goal for the day!

Mike and I have always enjoyed being physically active, but at times felt bored and unmotivated with running, walking or doing fitness workout videos. We are so happy to have found Elevate. Each morning we look forward to attending our Elevate workout and starting our day with amazing trainers, lively music, and great people!!

Going to Elevate as a couple allows us the opportunity to keep each other accountable and supportive of a healthy lifestyle! The workouts are for all fitness levels. The moves can be modified or accelerated based on your ability! We can definitely feel the burn as our muscles are working with each move! We also love the fact that our 4 children, Cole, Spencer, Campbell, and Briggs want to be a part of the Elevate family, and they can't wait for a chance to go to "Kelly's Workout" when Elevate offers their youth camps. Thank you Elevate! Thank you for creating such a phenomenal place for us and for our community. We feel physically stronger, healthier, and motivated to be our best self! Thank you for creating a place where we

"Don't think... Just Sweat!"

*Mike & Nikki*