

# ELEVATE

fitness + wellness



This past January, my friend challenged me to doing something I would never do, to join a fitness center. That's what brought me to Elevate. In my first class, Kelly introduced the first move to me, a burpee into a superman. In my non-exercise mind, I heard Slurpee's and watching Superman (LOL)! Very soon, I learned what a burpee was and have done quite a few since then.

This summer, I was fortunate enough to bring my freshman, twin daughters along with me they absolute loved it. They both could see and feel the difference.

They also enjoyed working out with "KiKi" (Kelly) and "Momo" (Molly), as they fondly named them. It was a great way to spend time with my girls. I love that every class is different and you're in and out in less than 45-minutes. It is great to see so many different levels of abilities and ages able to do one thing together. It doesn't matter if you are modifying the moves or taking it slower than someone else. What really matters is that you showed up and you are moving. The instructors are kind, helpful and PATIENT! Patient! Patient! rust me, I asked a million questions at first and the instructors took their time to answer every one.

Best of all, you will meet some of the best people ever! I encourage anyone thinking of trying it, to go for it! You will Elevate your mind, your body and soul!

Also, meeting new friends at Elevate is easy. Everyone is there helping others to achieve their goals. When I started the class, I knew NOTHING about what I was about to undertake. I looked for help at every station and found a kind soul who showed me the way...that was Molly. Every day I came back, there was Molly with a smile. She makes everything look so easy. Her work ethic and determination pushes me to do the best I can. I look forward to coming into class and finding out how her day went and what the boys were up to.

I found a new lifetime friend because of Elevate.

*Lynn*