

ELEVATE
fitness + wellness

Customer Highlight



Before Elevate I would walk on treadmill or outside 3 miles. I was wanting something different. In August of 2017, I decided to give the 2 week trial a try and I've never regretted one minute. The trainers do a great job changing up the workouts and are so nice and helpful!

I was never a morning person but I decided to try the 6:00 a.m. class. You're in and you're out in 45 minutes. I like it because I have my workout done for the day and it gets me moving for the work day. Everyone at Elevate is friendly and we are all there for the same reason, whether your 18 years old or 60 years old. Some days are harder than others but I modify when I need to. Even with the modifications I'm at least moving, something is better than nothing!

Elevate is a stress reliever for me and makes me feel so much better about myself! I am happy to say that I'm down 2 sizes in my clothes! ☑ If you are debating whether to try Elevate, I encourage you to give it a try. I never thought I'd enjoy working out!

DON'T THINK, JUST SWEAT!