

My wife, Amanda, started at Elevate when it first opened. She would come home completely exhausted and I always thought she was crazy for going. We had our first child, EJ, in May. After having EJ, I thought it was time to start getting into shape. I was always a little overweight, always a little tired, and never really watched what I ate. I decided to give Elevate a try back in July and I have never regretted it once.

I was a nervous wreck walking into Elevate for the first time. I was worried that I was going to look silly doing some of the moves and even feared not being able to do some of the moves. Quickly, I found out that Elevate is a judge free zone. It doesn't matter your age or your capability to do each move, everyone is there to better themselves and their health. When I got back home after my first Elevate workout, I think I laid on the floor for 30 minutes before I got up. I have been an Elevator ever since!

My favorite part about Elevate are the PEOPLE. I have made some new friends along the way and enjoy seeing them outside of Elevate as well. The 5 AM class is my favorite (that sounds crazy) as it gets my day started and gives me the boost that I need to have a great day. I am also very proud of Amanda for all of her hard work at Elevate, post-pregnancy. I have lost 45 pounds since July, increased my energy level, and feel much better about myself. If you are thinking about trying Elevate, don't think...just do it, and sweat! I owe a big thank you to all of the trainers at Elevate, you guys all rock! *Kyle*

---

I've been elevating since it first opened in July of 2017. I use to work out here and there and was excited to try something new. I love everything about Elevate: the workouts, the people, the trainers, and of course DJ Mike Hoyings playlist. I look forward to 3:45 every day and hearing Kelly's favorite quote "let's check our core"! Elevate has also taught me how to have a healthy eating lifestyle!

I recently had my first son in May and during my pregnancy I gained 43 lbs. When I was released to return to normal activity in July, the first thing I did was purchase an Elevate pass and showed up the next day. As of last month, I was officially down to my pre pregnancy weight and feel better then ever! *Amanda*