

# Customer Highlight

"As a couple, exercise and a focus on health has always been an important part of our relationship. As our lives became busier, though, we noticed ourselves struggling to maintain a consistent exercise routine. We were fortunate to be introduced to HIIT training through Elevate Fitness and Wellness in the summer of 2017 and the experience has made such a positive impact on our lives.

The classes have been a great form of discipline in helping us make time every day for exercise. The trainers do an excellent job planning new and challenging workout plans for each class. They also create a positive, welcoming, and encouraging environment throughout each session. The blend of cardio and strength training provides us a whole body workout we did not consistently experience with other forms of exercise.

As parents and physicians, we owe it to our children and patients to demonstrate examples of healthy living. And thanks to Elevate, we have a new tool to share and testify to the improved energy, strength, and endurance available to anyone motivated to feel well. The classes can be modified to anyone's ability (Michelle has even been able to enjoy Elevate throughout her current pregnancy), so we would encourage anyone considering HIIT training to invest in your health and give Elevate a try."

