



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:00 a.m.							
5:00 a.m.		<b>ELEVATE</b> 5:30 to 6:30 a.m.		<b>ELEVATE</b> 5:30 to 6:30 a.m.			
6:00 a.m.							
7:00 a.m.							
8:00 a.m.							
9:00 a.m.		<b>ELEVATE</b> 9:00 to 10:00 a.m.		<b>ELEVATE</b> 9:00 to 10:00 a.m.			
10:00 a.m.	<b>ELEVATE</b> 10:00 to 11:00 a.m.		<b>ELEVATE</b> 10:00 to 11:00 a.m.		<b>ELEVATE</b> 10:00 to 11:00 a.m.		
11:00 a.m.							
12:00 p.m.							
1:00 p.m.							
2:00 p.m.							
3:00 p.m.							
4:00 p.m.							
5:00 p.m.		<b>ELEVATE</b> 5:00 to 6:00 p.m.		<b>ELEVATE</b> 5:00 to 6:00 p.m.			
6:00 p.m.	<b>ELEVATE</b> 6:00 to 7:00 p.m.		<b>ELEVATE</b> 6:00 to 7:00 p.m.				
7:00 p.m.							

Class, instructor and time subject to change without notice. See center for most up-to-date schedule.

# **ELEVATE** program description

## **ELEVATE**

Accelerate your results. Learn new ways to train.

It's time to ELEVATE your exercise routine with our certified instructors in a small group environment. Receive in-depth coaching and training at your own pace. The ELEVATE program provides a greater emphasis on programming, progressions, diverse training formats and individual instruction at an affordable cost.

- **Strength training** at a level compatible with your fitness abilities, while still offering you the challenge you crave.
- **50- to 60-minute** programming will include exercises to improve cardiorespiratory endurance, flexibility, strength, posture and balance to leave you feeling and moving better.
- **Exercises** that can be customized to your fitness level.

### **ELEVATE Class Format (50min-1hr)**

<b>Dynamic Warm-Up</b>	10 min
<b>Speed + Agility</b>	25 min
<b>Strength + Power</b>	15 min
<b>Cool-Down</b>	10 min