

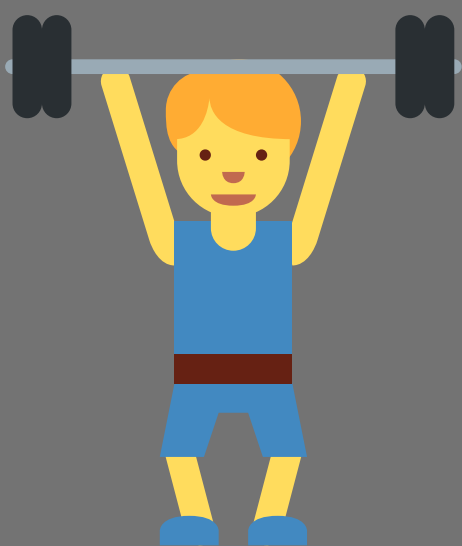


CHANGE YOUR LIFE

- **ALL YOU NEED IS AN HOUR** – Busy schedule? Our total-body workouts ensure you maximize your time!
- **VARIETY** – We switch up the workout every day, so not only will you continue to challenge and change your body, you'll have more fun doing it!



A WORKOUT FOR EVERYONE



- **GO AT YOUR OWN PACE** – Choose your intensity. Our workouts produce results based on your unique abilities.
- **OPTIONS NO MATTER WHAT** – We have options for every exercise and every body.
- **WE'LL PROVE YOU'RE IMPROVING** – We use performance data and benchmark workouts as proof of your progress.

GUIDANCE NOT GUESSWORK

Ever go to the gym and not know what to do? Our professional and highly trained coaches will guide you and tailor every workout to meet your goals! You don't have to guess what to do or how to do it. Get the results you want!



COMMUNITY NOT COMPETITION



- **SWEAT & CELEBRATE!** – We're not all work and no play! We have events, challenges, socials and more. Reach milestones and cross finish lines with cheers from your peers.
- **FIND YOUR FIT FAM** – Join a group of people with common goals. We're in this together!

Learn more @ www.elevation307.com

 @elevation307

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GET STARTED TODAY!

Membership includes a fun, welcoming environment, accountability, professional coaching, education, strength & conditioning and MORE!

Results Guaranteed



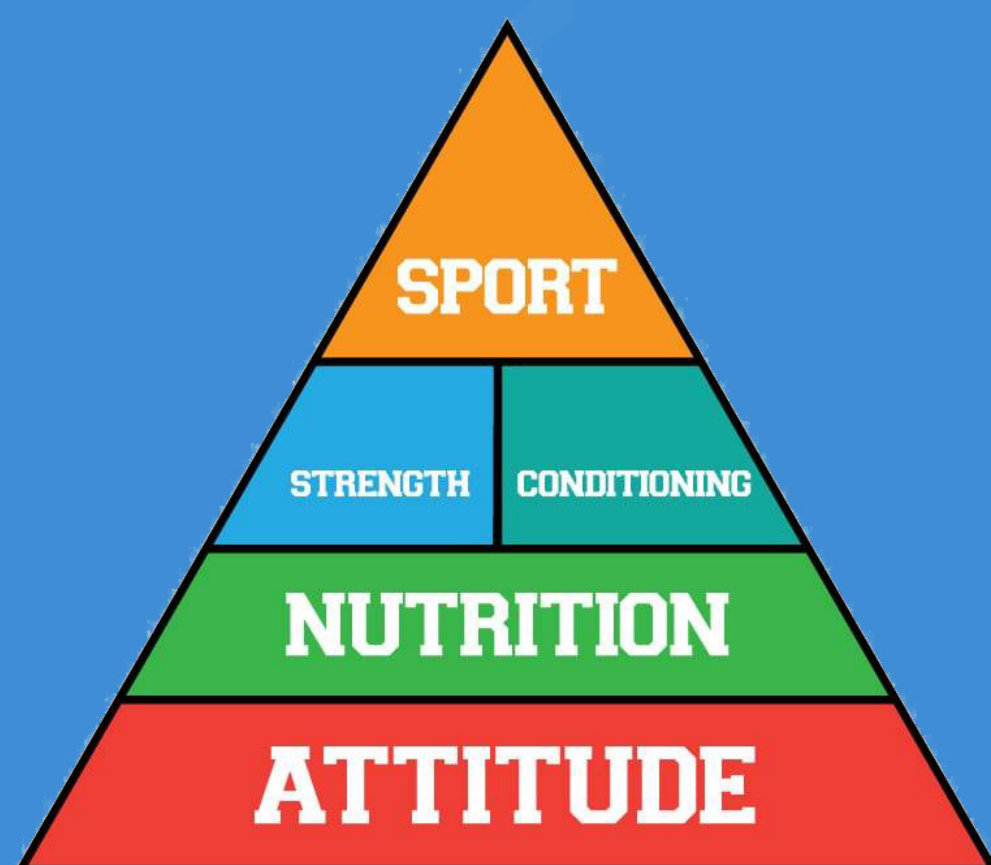
Classes & Services

Weekly.

Functional Fitness
Olympic Weightlifting
Yoga
Fit4Life
Silver Sneakers
Nutrition Coaching
24/7 Access

Specialty.

Kids/Teens
Bootcamp
DekaFit/Spartan
Powerlifting
Strongman
Mobility
Endurance/Running



Bonus Amenities

Kids Play Room * Shower * Outdoor Workout Space
Personal Storage Cubbies * 5000+sq/ft
Ski Ergs * Treadmill * Bikes * Rowers

ELEVATION

FITNESS - NUTRITION - WELLNESS