



Where Fitness is Fun!

Welcome Packet



Photo of new student Tiffany by April Ament

Discover your strongest, most empowered self!



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Personal Welcome

Hi there! I'm Mindy Cochran, owner of Elevated Fitness. I hold certifications in group fitness, personal training, nutrition coaching, and life coaching. My life's purpose is to inspire others on the pathway to their best selves.

I manage our social media pages, website, and email accounts, so if you message us on any platform, you'll be chatting with me. 💜

About Us

Elevated Fitness began as a blog dedicated to those on the quest for their best self. As the founder of Kalispell's first aerial studio, I've always championed the transformative power of movement as a form of medicine. I believe movement is a key essential, along with a health-conscious diet and plentiful rest and restoration, to achieving your most empowered self.

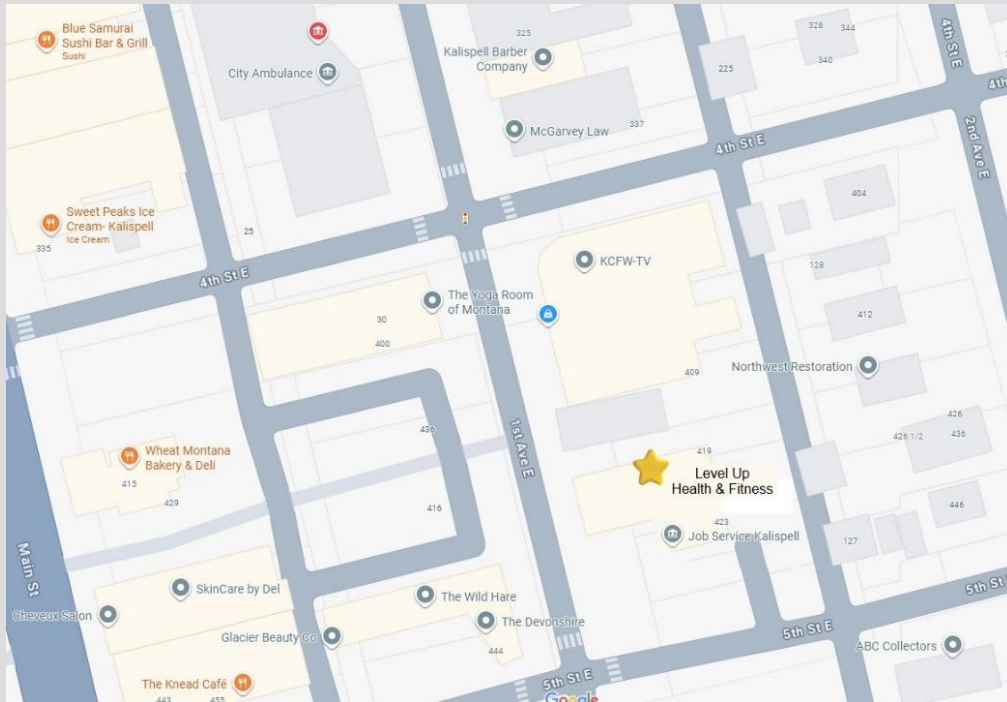
After selling my first aerial studio in 2022, I realized the Flathead Valley still needed a space where aerial arts could thrive—one rooted in growth, wellness, and community. So, in 2024, I launched *Elevated Aerial*, an aerial performance collective that united Flathead's elite aerialists under one banner. Then in May 2025, we took flight again—this time with the opening of *Elevated Aerial Studio*. This vibrant studio now serves as a hub for our talented acrobats to share their expertise through extraordinary classes suitable for ages 16 and up. At Elevated Aerial, we live by the mantra: **Fitness. Fun. Empowerment.** Whether you're here to build strength, try something new, connect with others, or simply enjoy the ride—we've got a place for you. No experience required (we were beginners once, too). Just bring your curiosity and a willingness to soar!



Photo of Mindy by Steve Reasner

Studio Info & Contact

- **Aerial Studio:** Inside Level Up Health & Fitness, 419 1st Ave E, Kalispell MT



- **Interval Training Classes:** Inside Noble Dance, 7 Main St, Kalispell MT
- **Contact:**

-  info@elevatedfitnessmt.com
-  406-249-7240
-  www.elevatedfitnessmt.com
-  www.facebook.com/elevatedfitnessmt
-  www.instagram.com/elevatedfitnessmt
-  <https://linktr.ee/mindycochran>

Your First Class

BEGINNER'S CHECKLIST

1. Select Your Apparatus

☒ We offer beginner-friendly curriculum on every apparatus, so whichever one interests you most is the perfect place to start.

2. Pick Out Clothing

☐ All classes: barefoot, sports bra & shirt fitted enough that it won't flip up if you go upside down, long hair tied back. Leggings long to cover the backs of knees & to protect skin from irritation. No zippers on fabric, please!

3. Choose A Date

☐ Reserve your spot in class: www.elevatedfitnessmt.com

4. Invite A Friend

☐ Totally optional, but can help reduce first day jitters!

5. Class Day

☐ Grab your water bottle and come with an open mind and heart!



What to Expect

Each session is a blend of instruction and movement, designed to help you build confidence and skill. While the core focus is on learning beginner-friendly aerial techniques, classes may also incorporate cardio, strength training, and flexibility work to support your overall fitness.

Here's what that looks like for each apparatus:

- **Aerial Hoop:** We start with simple, seated poses like *Man in the Moon*, *Secretary*, *Faint*, *Birdie*, and *Side Star*. For beginners, the hoops are hung low to the ground so you can safely and comfortably get the hang of it—pun intended! These poses are beginner-friendly and accessible to most students on day one, so you'll leave feeling strong and accomplished.
- **Aerial Fabric:** You might be working with either **aerial hammock** or **aerial silks**—both use the same fabric, but they're rigged differently.

- **Hammock** is looped at the bottom, giving beginners a supportive place to sit, stand, and rest as they explore new movements.
- **Silks**, on the other hand, consist of two straight ribbons hanging freely. They're a bit more physically demanding—but don't worry! If you're starting with silks, we tie a knot at the bottom to give you a secure standing base, just like a hammock. As you get stronger, we take the knot out.
- **Flying Pole:** The Elevated Aerial Flying Pole Fitness curriculum is developed by our certified and seasoned instructors to guide beginners from the very start of their pole dance journey. Participants begin with foundational techniques such as spins and pole holds, which help build strength, coordination, and body awareness. As students' progress, they develop the confidence and physical readiness to safely work toward inversions—going upside-down on the pole—with proper technique and support.

If you're worried about being a "slow learner"—please don't be. In aerial, there's no such thing. Everyone moves at their own pace, and every step forward is a win worth celebrating.

We know trying something new can feel a little nerve-wracking—that's completely normal. Our hope is that this information will help ease those nerves and give you a clear, confident path toward an empowering self-care journey. 💜



You will be guided through a group cool-down/stretch at the end of class. Photo by: Jacq Guertin

Enrolling

- Stepping into your aerial journey starts here: Please complete our [enrollment form](#) before your first class so we can welcome you fully prepared:
- Please let your instructor know if you have any metal allergies, injuries, or medical conditions we should be aware of. If you do—no worries at all! Just be sure you've received clearance from your doctor to participate in full physical activity. Once you're cleared, we're happy to offer modifications to suit your needs. Open communication is always welcome here—we want you to feel safe, supported, and empowered.
- If a class you want to join is full, simply email us and we'll add you to the waitlist so you can grab the next open spot.

What to Wear & Bring

We train barefoot to ground ourselves in the practice. Shoe cubbies are available to keep your belongings safe.

For comfort, safety, freedom of movement, and skin protection, we recommend:

- Leggings that cover the ankles
- A fitted shirt long enough to tuck in
- No zippers or jewelry or anything that could snag fabric or damage hoops or poles

Before class:

- Remove jewelry and watches
- Wash hands and feet to keep our equipment fresh and clean
- Bring water—you'll want to stay hydrated while you shine!



Elevated Aerialist Molly shows "What to Wear"

Policies

Cancellation / Refund Policy

Every class spot matters, and we're grateful for your commitment. All sales are final, but we make sure you have flexible options to keep moving forward:

- **Single Sessions:** Cancel at least 12 hours in advance for a credit toward a future class. You can reschedule through our website - just make sure you are logged into the site and look under "[My Bookings](#)." You're also welcome to gift or transfer your single session to a friend if you can't attend.
- **Series (Month-Long Aerial/Pole):** Each student can receive one makeup per four-week series for a missed class. Makeup passes can be used for any other single session class or open studio within one month. To keep things running smoothly, makeups must be requested within 24 hours of the missed class via [this Form](#). Once we receive the makeup request, we'll add a pass to your account within 24 hours. From there, you can easily log in to our booking site and use your pass to schedule your makeup.
- **Interval Training Fitness Classes:** To encourage consistency, we don't offer makeups for the interval training classes at Noble Dance, but you are always welcome to gift your spot to a friend if you truly cannot attend.
- **Pricing Plans:** Valid for six months from the date of purchase.
- **Privates, Parties, & Events:** Require 48 hours' notice for changes or cancellations.

Open Studio Policy

Open Studio is your time to explore and refine. It's a self-guided practice space where you can:

- Build on what you've already learned
- Move at your own pace
- Reconnect with your strength and creativity

For safety, please join at least one instructor-led class before attending. Use only the equipment you've been trained on, and celebrate the progress you've made!



Studio Usage/Safety

We're here to lift each other up—literally and figuratively. Please:

- Share space with mindfulness and respect
- Ask permission before including others in photos or videos
- Leave teaching to the instructors, though peer encouragement is always welcome
- Return mats and equipment to their places so the studio is ready for the next class/student

And above all: **have fun, feel strong, and enjoy the magic of movement!** 💜

Instructors

At Elevated Aerial, you're not just learning from teachers — you're training with a team of unstoppable badasses. Our founder built our core curriculum on a rock-solid foundation, with countless certifications including personal training, group fitness, aerial arts, and pole fitness.

Among our instructors, you'll find a powerhouse mix of talent and grit:

- Certified fitness professionals who crush goals on the ground and in the air
- Pole competition winners who know what it takes to shine under pressure
- Performers, models, and even an incredible vocalist (winner of 406 Voice)
- A Native American chef and educator who brings depth and culture into our circle
- Moms raising families (yep, including twins!) who prove balance is possible
- Survivors and fighters who've faced Type 1 diabetes, cancer, epilepsy — and came back stronger

Our instructors don't just teach — they embody resilience, artistry, and strength every single day. They slay goals outside of the studio as inside, we are here to help you uncover your strongest, boldest self.

Want to know more about us? → www.elevatedfitnessmt.com/instructors

FAQ's

Questions? We've Got Answers:

- I have to miss a class in a series I signed up for. Can I make it up? → Absolutely, we want to support your consistency. Each student is allowed one makeup per month-long series if requested within 24 hours. Just fill out the request form here: www.elevatedfitnessmt.com/makeup
- Do I need to have upper body strength before starting? → Nope! You're not expected to show up strong on day one. In fact, one of the most enjoyable parts of this journey is building strength through the classes themselves!
- Will I be flexible enough? → You don't need to be a contortionist to reap the benefits of being immersed in a culture of movement and healthy living. Many students start with limited range of motion — it's completely normal, and it's something we'll work on together.
- Am I too old to start? → Absolutely not. I began learning acrobatics at 33 years young with no former experience in dance or gymnastics. Aerial is movement medicine for all ages! "You are not too old and it is not too late" is my personal mantra!



Community & Culture

Elevated Aerial is more than just a place to train. We are a health-minded, heart-centered community focused on creating a culture of movement 🩰, training 💪, healthy living 🌱, and fun 🎉!

Here are just a few reasons why Elevated Aerial Studio stands out as a creative movement hub in the Flathead:

- **Expert Instructors:** Our certified and professional teachers and trained in anatomy, progressive instruction, and aerial safety. They are also seasoned performers with years of experience in aerial silks, hoop, hammock, and acrobatic movement.
- **Inclusive Space:** Our studio aims to make aerial fitness accessible to all ability levels. You don't need to be strong or flexible to begin—you just need curiosity and a willingness to show up. We meet you where you are and support your journey every step of the way.
- **Holistic Fitness:** At Elevated Aerial, movement is more than physical—it's transformational. Our classes are designed to build strength, improve mental clarity, boost mood, and reconnect you to your inner power.
- **Creative Community:** Our studio is where artists become athletes, and athletes become artists. We value connection just as much as conditioning—because who you train with matters just as much as how you train.
- **Access to brand-new, safety-rated equipment:** You can feel confident knowing you're training on clean, modern equipment carefully chosen to support both safety and performance.
- **Silks students** are offered a unique pathway to progress to higher ceilings as they grow stronger and more confident, allowing for deeper exploration, bigger movements, and elevated goals.



Bailey and Catherine modeling our logo gear

Inspiration & Mantra



Fitness.

Fun.

Empowerment.

As you step into aerial arts, we encourage you to embrace this path toward empowerment and self-discovery.

Remember, every time you walk through our doors, you're investing in *you*.

Classes can sell out quickly, so book early to secure your spot:

👉 www.elevatedfitnessmt.com/book

Never hesitate to reach out with any questions. Thanks for being here, and we can't wait to see you in class! 🔄

