

# ELEVATE 2026

## ADULT SMALL GROUP TRAINING

An 8-week journey to elevate your fitness, mindset, and performance into the new year. Kickstart your fitness journey with our Small Group Training Program — the perfect blend of expert coaching, community support, and fun workouts designed to help you reach your goals and feel your best.

### WHY CHOOSE ELEVATE?

- **8-Week Progressive Program** – Step-by-step guidance to build strength, improve fitness, and create lasting habits.
- **Unlimited Class Access** – Train as often as you'd like to stay consistent and motivated.
- **Personal Training Journal** – Complete with goal sheets, progress trackers, fitness tests, and habit/performance logs to keep you accountable.
- **Unique & Engaging Workouts** – No boring routines; every session is designed to challenge and energize you.
- **Expert Coaching** – Personalized attention from our trainers who are dedicated to your success.
- **End-of-Program Check-In** – Celebrate your progress and set the stage for your next fitness milestone.

**\$250**

for the program  
*Available to Members only*

**8 WEEKS**

January 5 -  
February 28



**SCAN TO LEARN MORE  
AND GET STARTED**

*FishersCommunityCenter.com/Small-Group-Training*

# SMALL GROUP TRAINING SCHEDULE JANUARY - FEBRUARY

**MONDAY**

**FULL BODY**

6:00-7:00 AM  
Adult Elevate 2026  
Justine

10:00-11:00 AM  
Strength Foundations  
for Moms  
Stephanie

**TUESDAY**

**UPPER BODY**

6:00-7:00 AM  
Youth Elite  
David

8:00-9:00 AM  
Adult Elevate 2026  
Byron

10:00-11:00 AM  
Adult Elevate 2026  
Jenny

5:00-6:00 PM  
Youth Elite  
David

6:00-7:00 PM  
Strength Foundations  
for Moms  
Emily

7:15-8:15 PM  
Adult Elevate 2026  
Emily

**WEDNESDAY**

**CARDIO/MOBILITY**

6:00-7:00 AM  
Adult Elevate 2026  
Byron

10:00-11:00 AM  
Strength Foundations  
for Moms  
Emily

6:00-7:00 PM  
Adult Elevate 2026  
James

**THURSDAY**

**PLYOMETRIC/  
REACTIVE TRAINING**

6:00-7:00 AM  
Youth Elite  
David

8:00-9:00 AM  
Adult Elevate 2026  
Byron

10:00-11:00 AM  
Adult Elevate 2026  
Matt

5:00-6:00 PM  
Youth Elite  
David

6:00-7:00 PM  
Strength Foundations  
for Moms  
Stephanie

7:15-8:15 PM  
Adult Elevate 2026  
James

**FRIDAY**

**LOWER BODY**

6:00-7:00 AM  
Adult Elevate 2026  
Justine

10:00-11:00 AM  
Adult Elevate 2026  
Trevor

**SATURDAY**

**FULL BODY**

8:00-9:00 AM  
Adult Elevate 2026  
Trevor

10:00-11:00 AM  
Adult Elevate 2026  
Trevor/Sub

11:00 AM-12:00 PM  
Strength Foundations  
for Moms  
Stephanie

**ADULT ELEVATE 2026 SMALL GROUP**

**YOUTH ELITE SMALL GROUP**

**STRENGTH FOUNDATIONS FOR MOMS**