

STRENGTH FOUNDATIONS FOR MOMS

PRE/POSTNATAL SMALL GROUP TRAINING

Strength Foundations for Moms helps you feel strong, supported, and confident at every stage of motherhood. With expert guidance and a welcoming community, you'll learn techniques to prepare your body and mind for pregnancy, childbirth, and recovery—while easing aches, pains, and stress. Whether you're newly postpartum or years into motherhood, the program offers support tailored to meet you where you are.

WHY CHOOSE STRENGTH FOUNDATIONS FOR MOMS?

- **Expert Guidance** – Certified Personal Trainers and pre/postnatal exercise specialists leading every step.
- **Mind-Body Connection Training** – Techniques to strengthen your pelvic floor, core, and mental resilience for birth and recovery.
- **Stage-Specific Focus** – Tailored training for your unique phase of pregnancy or postpartum recovery.
- **Support & Strength Every Week** – Access 3 specialist classes weekly plus adult small group training—building community, easing stress, and keeping you motivated through motherhood.
- **Program Journal** – Goal sheets, habit trackers, progress logs, and educational resources to keep you accountable.
- **Welcoming for All Moms** – Whether you're pregnant, newly postpartum, or 5+ years into motherhood, this program offers a non-intimidating environment where learning to lift weights feels approachable, safe, and empowering.

\$300

for the program
Available to Members only

9 WEEKS

January 19 -
March 21



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

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

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



**FISHERS
COMMUNITY
CENTER**

Strengthened by **IU**
HEALTH

Schedule is subject to change