

WOMEN WITH WEIGHTS

SMALL GROUP TRAINING FOR WOMEN

Women with Weights helps you feel strong, supported, and confident at every stage of womanhood. With expert guidance and a welcoming community, you'll learn techniques to maximize the benefits that strength training offers.

WHY CHOOSE WOMEN WITH WEIGHTS?

- **Expert Guidance** – Certified Personal Trainers leading every step.
- **Mind-Body Connection Training** – Techniques to strengthen your pelvic floor, core, and mental resilience.
- **Stage-Specific Focus** – Tailored training for your unique phase of womanhood.
- **Support & Strength Every Week** – Access 3 specialist classes weekly plus adult small group training—building community, easing stress, and keeping you motivated.
- **Program Journal** – Goal sheets, habit trackers, progress logs, and educational resources to keep you accountable.
- **Welcoming for All Women** – Whether you're new to weightlifting or have decades of experience, you'll learn techniques to maximize the benefits that strength training offers.

\$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-FEBURARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FULL BODY	PLYOMETRIC/ REACTIVE TRAINING	CARDIO/MOBILITY	UPPER BODY	LOWER BODY	FULL BODY
<div>6:00-7:00 AM</div> <div>Adult Elevate 2026 Justine</div> <div>10:00-11:00 AM</div> <div>Women with Weights Stephanie</div> <div>6:00-7:00 PM</div> <div>Adult Elevate 2026 Matt</div>	<div>6:00-7:00 AM</div> <div>Youth Elite David</div> <div>8:00-9:00 AM</div> <div>Adult Elevate 2026 Byron</div> <div>10:00-11:00 AM</div> <div>Adult Elevate 2026 Jenny</div> <div>5:00-6:00 PM</div> <div>Youth Elite David</div> <div>6:00-7:00 PM</div> <div>Women with Weights Emily</div> <div>7:15-8:15 PM</div> <div>Adult Elevate 2026 Emily</div>	<div>6:00-7:00 AM</div> <div>Adult Elevate 2026 Byron</div> <div>10:00-11:00 AM</div> <div>Women with Weights Emily</div> <div>6:00-7:00 PM</div> <div>Adult Elevate 2026 James</div>	<div>6:00-7:00 AM</div> <div>Youth Elite David</div> <div>8:00-9:00 AM</div> <div>Adult Elevate 2026 Byron</div> <div>10:00-11:00 AM</div> <div>Adult Elevate 2026 Matt</div> <div>5:00-6:00 PM</div> <div>Youth Elite David</div> <div>6:00-7:00 PM</div> <div>Women with Weights Stephanie</div> <div>7:15-8:15 PM</div> <div>Adult Elevate 2026 James</div>	<div>6:00-7:00 AM</div> <div>Adult Elevate 2026 Justine</div> <div>10:00-11:00 AM</div> <div>Adult Elevate 2026 Trevor</div>	<div>8:30-9:30 AM</div> <div>Adult Elevate 2026 Trevor</div> <div>10:00-11:00 AM</div> <div>Adult Elevate 2026 Trevor/Sub</div> <div>11:00 AM-12:00 PM</div> <div>Women with Weights Stephanie</div>



ADULT ELEVATE 2026 SMALL GROUP



YOUTH ELITE SMALL GROUP



WOMEN WITH WEIGHTS

Schedule is subject to change

FISHERS
COMMUNITY
CENTER

Strengthened by

