

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

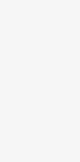
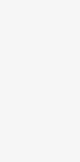
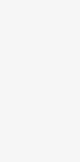
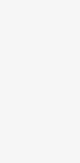
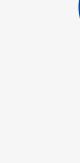
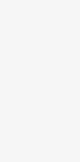
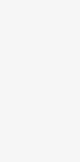
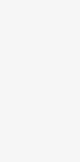
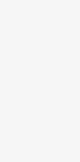
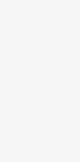
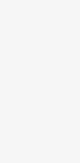
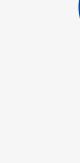
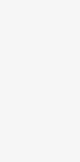
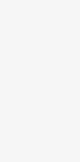
January 5 -
February 28



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		FULL BODY		UPPER BODY		LOWER BODY		FULL BODY		FULL BODY	
	6:00-7:00 AM Adult Elevate 2026 Justine		6:00-7:00 AM Adult Elevate 2026 Trevor		8:00-9:00 AM Adult Elevate 2026 Byron		10:00-11:00 AM Adult Elevate 2026 Matt		10:00-11:00 AM Adult Elevate 2026 Trevor		11:00 AM-12:00 PM Women with Weights Stephanie
	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		10:00-11:00 AM Adult Elevate 2026 Trevor		10:00-11:00 AM Adult Elevate 2026 Trevor		11:00 AM-12:00 PM Women with Weights Stephanie
	6:00-7:00 AM Adult Elevate 2026 Byron		8:00-9:00 AM Adult Elevate 2026 Byron		10:00-11:00 AM Women with Weights Emily		10:00-11:00 AM Adult Elevate 2026 Matt		10:00-11:00 AM Adult Elevate 2026 Trevor		11:00 AM-12:00 PM Women with Weights Stephanie
	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		10:00-11:00 AM Adult Elevate 2026 Jenny		10:00-11:00 AM Adult Elevate 2026 Trevor		11:00 AM-12:00 PM Women with Weights Stephanie
	6:00-7:00 PM Adult Elevate 2026 Justine		8:00-9:00 PM Adult Elevate 2026 Byron		10:00-11:00 PM Women with Weights Stephanie		10:00-11:00 PM Adult Elevate 2026 Matt		10:00-11:00 PM Adult Elevate 2026 Trevor		11:00 PM-12:00 AM Women with Weights Stephanie
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ADULT ELEVATE 2026 SMALL GROUP

YOUTH ELITE SMALL GROUP

WOMEN WITH WEIGHTS

Schedule is subject to change