

YOUTH ELITE TRAINING

YOUTH SMALL GROUP TRAINING - FOR AGES 11+

Our Youth Elite Training Program is designed to build strength, confidence, and skills that prepare youth for the demands of their sport— all in a fun, motivating environment that meets them right where they are, whether they're already competing or just starting out.

WHY CHOOSE YOUTH ELITE TRAINING?

- **Expert Coaching** - Led by David Granson who has trained youth athletes that went on to be drafted into professional sports.
- **Foundational Strength** - An 8-week progressive program focused on mastering the essential building blocks for athletic success.
- **Consistent Training** - 2 classes per week to keep athletes engaged and progressing.
- **Performance Journal** - Includes goal sheets, progress trackers, fitness tests, and habit/performance logs to instill accountability.
- **Dynamic Workouts** - Unique, fun, and challenging sessions that keep athletes motivated.
- **Personalized Attention** - Small group setting ensures every athlete gets guidance tailored to their needs.
- **End-of-Program Check-In** - Celebrate achievements and set the stage for continued growth.

\$200

for the program
Available to Members only

8 WEEKS

January 5 -
February 27



**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