

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-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

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Strengthened by

