

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

ADULT ELEVATE 2026 SMALL GROUP



YOUTH ELITE SMALL GROUP



WOMEN WITH WEIGHTS



Schedule is subject to change

FISHERS COMMUNITY CENTER Strengthened by