

# STRENGTH AND MOBILITY

## ADULT SMALL GROUP TRAINING

This 8-week program is designed to help you build functional strength while improving mobility, stability, and overall movement quality. Each week progresses with purpose, allowing you to safely increase strength and move with more confidence. Led by our team of personal trainers, every session blends strength work with mobility training to support all fitness levels and help you feel stronger, more capable, and better in your body.

**REGISTRATION OPENS FEBRUARY 15 AND CLOSES MARCH 11**

### WHY CHOOSE ELEVATE?

- **8-Week Progressive Program** – Step-by step guidance to build strength and improve your mobility.
- **Train as often as you'd like to stay consistent and motivated** – Enjoy access to our specialty class, Women with Weights.
- **Unique & Engaging Workouts** – No boring routines; every session is designed to challenge and energize you.
- **Expert Coaching** – Personalized attention from our trainers who are dedicated to your success.
- **End-of-Program Check-In** – Celebrate your progress and set the stage for your next fitness milestone.

**\$300** for nonmembers

**\$210** for members

**8 WEEK  
PROGRESSIVE  
PROGRAM**

March 9 - May 2



**SCAN TO LEARN MORE  
AND GET STARTED**

*FishersCommunityCenter.com/Small-Group-Training*



# SMALL GROUP TRAINING SCHEDULE MARCH-MAY



**MONDAY**

**UPPER BODY**

10:00-11:00 AM  
Women with Weights  
Stephanie



5:00-6:00 PM  
Youth Elite  
Jenny



6:00-7:00 PM  
Strength & Mobility  
Natalie



**TUESDAY**

**FULL BODY**

5:30-6:30 AM  
Strength & Mobility  
Justine



6:40-7:40 AM  
Youth Elite  
Byron



8:00-9:00 AM  
Strength & Mobility  
Byron



10:00-11:00 AM  
Strength & Mobility  
Jenny



6:00-7:00 PM  
Strength & Mobility  
Emily



**WEDNESDAY**

**LOWER BODY**

10:00-11:00 AM  
Women with Weights  
Emily



5:00-6:00 PM  
Youth Elite  
Jenny



6:00-7:00 PM  
Strength & Mobility  
Trevor



**THURSDAY**

**FULL BODY**

5:30-6:30 AM  
Strength & Mobility  
Justine



6:40-7:40 AM  
Youth Elite  
Byron



8:00-9:00 AM  
Strength & Mobility  
Byron



10:00-11:00 AM  
Strength & Mobility  
Matt



6:00-7:00 PM  
Strength & Mobility  
Trevor



**FRIDAY**

**CARDIO/RECOVERY**

10:00-11:00 AM  
Strength & Mobility  
Trevor



**SATURDAY**

**FULL BODY**

8:30-9:30 AM  
Strength & Mobility  
Trevor



10:00-11:00 AM  
Women with Weights  
Stephanie



**STRENGTH & MOBILITY**



**YOUTH ELITE SMALL GROUP**



**WOMEN WITH WEIGHTS**



**FISHERS  
COMMUNITY  
CENTER**

Strengthened by

*Schedule is subject to change*