

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.

REGISTRATION OPENS FEBRUARY 15 AND CLOSES MARCH 11

WHY CHOOSE WOMEN WITH WEIGHTS?

- **Expert Coaching** – 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.
- **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.

\$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