

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.

REGISTRATION OPENS FEBRUARY 15 AND CLOSES MARCH 11

WHY CHOOSE YOUTH ELITE TRAINING?

- **Expert Coaching** – Led by Certified Personal Trainers focusing on youth athletic development.
- **Foundational Strength** – An 8-week progressive program focused on mastering the essential building blocks for athletic success.
- **Consistent Training** – 2-4 classes per week to keep athletes engaged and progressing.
- **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.

\$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
TU
UNIVERSITY

Schedule is subject to change