



TPMG Strive Fitness and Sports Performance

5424 Discovery Park Blvd. Bldg. B, Ste. 101

Williamsburg, VA 23318

P: (757) 345-2512

2024 Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 a.m.			Boot Camp		Boot Camp	
8:30 a.m.						Boot Camp
9:30 a.m.			Boot Camp		Boot Camp	
10:00 a.m.		Balance & Strength Class				
10:30 a.m.			Silver Power Hour		Silver Power Hour	
12:00 p.m.		Silver Power Hour		Silver Power Hour		
4:00 p.m.						
5:30 p.m.	Boot Camp			Boot Camp		

Boot Camp

This class is designed to build strength and aerobic endurance, while burning fat and building muscle. We use ropes, kettlebells, medicine balls, resistance bands, TRX, and truck tires to constantly change the workouts and keep your body challenged. Boot campers of all fitness levels are welcome! Workouts are personalized and monitored closely. It's a great mix of core, cardio, and strength training. ***Classes are 5 days a week. \$100/month, \$132/10 sessions, \$16/session.***

Silver Power Hour

Our class for seniors will help you improve flexibility, balance, strength, and bone health. Fight the physical effects of aging and reduce your risk of injury by making fitness part of your routine. We work to slowly progress participants to keep you moving safely, no matter your health limitations. ***Classes are Tues. - Fri. \$84/10 sessions, \$16/session***

Balance & Strength Class

We are pleased to announce a NEW fitness class designed to improve balance and enhance strength. This 60-minute class is tailored to patients 60 years of age and older who are looking to regain their independence, while working on strength, balance, and coordination. Along with this class the participant has the option to utilize our Open Gym program. They will receive a tailored personalized workout that they can do on their own during the week in addition to participating in class. ***Classes are every Tuesday - \$60/month***

Athletic Development

We offer classes for junior varsity, varsity, and college athletes. Our primary goals are to increase strength and teach correct form. We also train flexibility, injury prevention, core activation and energy system development to produce well-rounded athleticism. ***Classes are Tues./Thur. afternoons. Call to sign-up as an individual or team, (757) 345-2512.***