

Individual Training

1-on-1

Address: 12650 Jefferson Ave, Newport News, VA

25% Discount

Riverside PT Patients

Riverside Employees

Multi-Sibling Families

Package	\$/Session	Original \$	w/ 25% Discount
1	\$60	\$60	\$45
8-Pack	\$55	\$440	\$330
12-Pack	\$50	\$600	\$450
24-Pack	\$45	\$1,080	\$810
36-Pack	\$40	\$1,440	\$1,080

	Mon	Tue	Wed	Thu	Fri	
3:15 p.m.	1-on-1	1-on-1	1-on-1	1-on-1	1-on-1	3:15 p.m.
4:30 p.m.	Velocity Vault	Peak Power	Velocity Vault	Peak Power	1-on-1	4:30 p.m.
5:45 p.m.	Savage Strength	Peak Power	Savage Strength	Peak Power	New Athlete Orientation	5:45 p.m.
7:00 p.m.	1-on-1	1-on-1	1-on-1	1-on-1		7:00 p.m.

*** **Teams/Coaches:** Days & Times can be reserved upon meeting with Coach Skinny! ***

Small-Group Training

2-6 Athletes/Class

Address: 12650 Jefferson Ave, Newport News, VA

25% Discount

Riverside PT Patients
Riverside Employees
Multi-Sibling Families

Velocity Vault: Speed, Agility, Jumping, and Endurance

Savage Strength: Muscle Building & Strength

Peak Power: Hybrid of Velocity Vault & Savage Strength

Package	Frequency	\$/Session	Original \$	25% Discount
1 (Drop-In)	1 Session	\$30	\$30	\$22.50
Velocity Vault #1	12 Sessions 1x/wk	\$25	\$300	\$225
Velocity Vault #2	24 Sessions 2x/wk	\$20	\$480	\$360
Savage Strength #1	12 Sessions 1x/wk	\$25	\$300	\$225
Savage Strength #2	24 Sessions 2x/wk	\$20	\$480	\$360
Peak Power #1	12 Sessions 1x/wk	\$25	\$300	\$225
Peak Power #2	24 Sessions 2x/wk	\$20	\$480	\$360
Unlimited	Up to 48 Sessions	\$15	\$720	\$540

	Mon	Tue	Wed	Thu	Fri	
3:15 p.m.	1-on-1	1-on-1	1-on-1	1-on-1	1-on-1	3:15 p.m.
4:30 p.m.	Velocity Vault	Peak Power	Velocity Vault	Peak Power	1-on-1	4:30 p.m.
5:45 p.m.	Savage Strength	Peak Power	Savage Strength	Peak Power	New Athlete Orientation	5:45 p.m.
7:00 p.m.	1-on-1	1-on-1	1-on-1	1-on-1		7:00 p.m.

*** **Teams/Coaches:** Days & Times can be reserved upon meeting with Coach Skinny! ***

Team Training

8 or more Athletes/Session

Contact Coach Skinny!



CONTACT US:

Kinston "Skinny" Carson, CSCS, CPT, CES, PES

Sports Performance Specialist

Email: Kinston.carson@rivhs.com

Phone: (804) 296-8464