



THRIVE FIELDHOUSE TRAINING OPTIONS

Speed, Strength & Agility

Thrive's Speed, Strength and Agility Classes bring out the best in each athlete and push them to achieve their goals. Drills, games and station formats are used to create a fast paced and educational training environment that challenges children to progress their strength, coordination and agility.

Grade School (7-10 Years Old)

Mondays 4:15 PM

Tuesdays 5:15 PM

Middle School (10 -15 Years Old)

Tuesdays 7:15 PM

Wednesdays 5:15 PM

Open Training Time

Need space to practice your skills, play wall ball with focus, and use training tools to improve your performance? We've got you covered! Come to one of our open training times and put in the reps that will get you to where you want to be!

Wednesdays 6 PM to 8 PM

Thursdays 5 PM to 7 PM

Reservations for batting lanes and Open Training time must be made ahead of time at www.thrivegym.org

Skills Training Sessions

Is your athlete struggling with a skill? Do they need more reps and feedback on their goal to get to the next level? Meet with one of our coaches to fine tune your skills, get feedback, practice technique and put in the repetitions that will bring you success!

Call 410-703-6783 for more information and to talk to our trainers.

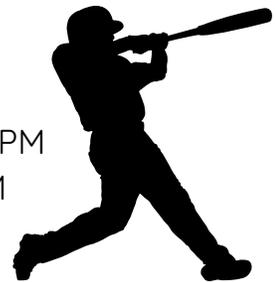
Batting Lane

Rental Times available:

Tuesdays 6:30 PM to 8:00 PM

Wednesdays 6 PM to 8 PM

Thursdays 5 PM to 7 PM



Parties

Host your end of year Team Party or Birthday Party at Thrive's Fieldhouse! Fun for all ages. Play games, have open field time and have a blast with friends!