

The Solution to Your New Year's Resolution:
Your guide to some of the hottest, locally owned, Hampton Roads gyms!

Article & Photos: Nicole M. Brailer

As the “New Year, new me” quotes become the top of the trending list, many across the nation use this as an opportunity for a fresh start—one that allows them to reset their minds and their bodies to begin the year in the right direction. To help you meet your resolution goals, Hampton Roads has some of the hottest, locally owned and operated facilities to keep you motivated as they bring a feeling of family and comradery to each of their clients. It's time to make a commitment that you'll thank yourself for this time next year by making 2019 the year of real change.

This quick guide will offer you a reference to the top gyms while giving you an excellent starting point to find the best facility for you. Since each one of us has a different flavor when it comes to fitness, this guide ranges from overall health and wellness to martial arts, bodybuilding, yoga, rock climbing, and strongman and powerlifting competitions. It's time to get excited about your resolution as you take 2019 to a new level while bringing your body to a new level too.



Image | Latitude Climbing + Fitness

The Iron Asylum Gym
2400 Castleton Commerce Way, Suite 606, Virginia Beach, VA 23456 | 757-689-4207
theironasylum.com



Image | The Iron Asylum

This truly is an iron asylum as husband and wife Aimee and Alvin Lapitan take on an extraordinary and raw approach with this warehouse gym that focuses on strength and conditioning. This is not your average facility though, as they host and support the largest powerlifting meets for the notable USAPL and USPA powerlifting federations in Hampton Roads. In addition to this powerlifting perk, the Iron Asylum has dedicated weightlifting areas, a functional fitness room, bodybuilding areas, and is known for holding sanctioned strongman events. Their trainers offer a wealth of knowledge as they provide proper guidance helping you meet your personal training goals. Whether you want to compete in powerlifting, bodybuilding competitions or just overall health and fitness, the Iron Asylum helps you get it done.

With a mission to “make the world a stronger and fitter place” from the husband and wife duo, how can this not peak your interest for a fresh start to the New Year. Stop by on a \$10 day pass to get in a serious workout and find out why this is one of the most positive, encouraging atmospheres to work out in. Check any negativity and ego at the door, meet the crew, and be sure to ask about the holiday discounts for the New Year. The Iron Asylum offers 24/7 access for their members and incredibly affordable rates. Monthly memberships start at just \$39. They offer a discounted rate of \$29/mo. for active duty and 1st responders and \$19/mo. for their spouses and dependents on the same family account.



Image | The Iron Asylum

Grindstone Athletics
205 Pennsylvania Ave., Virginia Beach, VA 23464 | 757-351-1975
grindstoneathleticsvb.com



Image | Grindstone Athletics

If you're interested in fighting your way into the New Year, check out Grindstone Athletics as they are the only pure, competitive Muay Thai training facility in Hampton Roads. Owners Chase Walden and Tom Lenhart have equipped themselves with a highly skilled and knowledgeable staff to help students of all levels increase their strength and refine their technique before entering into competitive Muay Thai. You won't find CrossFit, MMA, or Jiu Jitsu here as this is strictly for students studying Thai boxing. Chase and his trainers use rigorous Muay Thai training methods with an in-house barbell strength and powerlifting approach to increase the athlete's abilities. This 3030 sq. ft. facility allows students enough room to effectively participate in their training with classes offered in strength training, conditioning, and all levels of Muay Thai. If you aren't interested in learning the art in a class setting, personal training is also available.

Stop by for the day or sign up for the month. Either way, GSA offers affordable monthly rates and discounts for military and first responders. Chase and Tom strive to increase the quality of life and health of their members through their passion for combat sports and weightlifting while bringing competitive Muay Thai to Hampton Roads. GSA's goal is to "provide a place for all athletes to attain their highest level of personal growth and physical improvement regardless of athletic background."

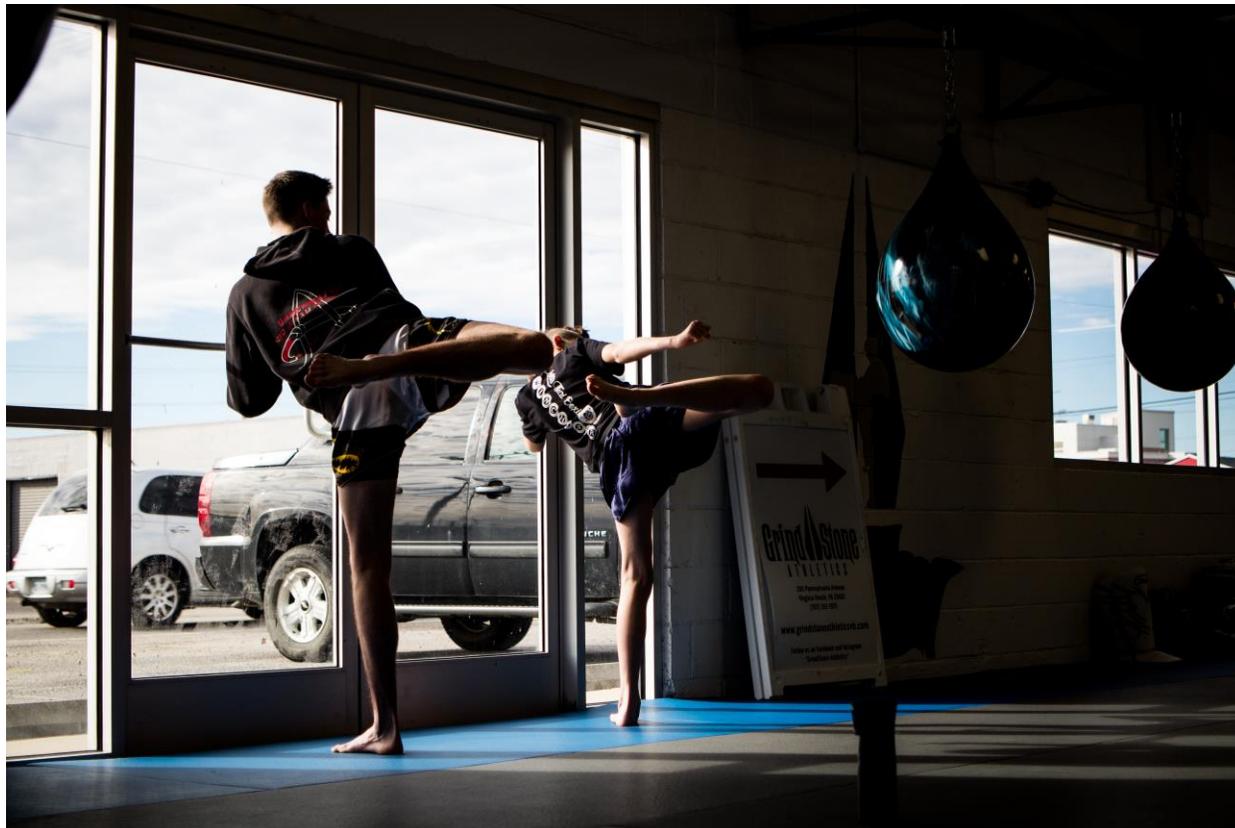


Image | Grindstone Athletics

Fit Bodies Unlimited
135 Harpersville Rd., Newport News, VA 23601 | 757-599-3448
2900 Hampton Hwy., Yorktown, VA 23693 | 757-706-3484
fitbodiesunlimited.com



Image | Fit Bodies Unlimited

Fit Bodies Unlimited is a name that accurately depicts the possibilities when you train at either of their locations. Owner George Gori has over 20 years of experience with knowledge and skills that extend to working with clients with special medical needs including heart disease, chronic lower back pain, sciatica, diabetes, paraplegia, and rheumatoid arthritis. George has equipped his gym with an

enthusiastic and driven team of certified trainers to ensure each client is matched with someone they can learn and grow from while meeting their desired goals.

George has dedicated his life to building a family and community that supports each other inside as well as outside of the gym. With two facilities and a store to grab gear for all your training needs, they offer one-on-one personal training, couples/group training, boot camp and 24/7 access to accommodate your busy life. When he opened the studio, his goal was to bring fitness to those that couldn't afford a pricey membership, and he's stayed true to that commitment over the years. Grab a free one-day pass to see how quickly you become part of the family. With affordable plans starting at just \$29 a month, signing up through the holidays will get the sign on fee waived. To get a free month out of the deal, bring a friend to enroll with you. As for military and public safety, signing up through the month of January will get you a 10% discount because to George, "fitness is so much more than lifting weights."

Shockwave Strength and Performance
315 Chatham Drive, Newport News, VA 23602 | 757-369-5800
shockwavesp.com



Image | Shockwave Strength and Performance

Dr. Jarrod Best and his three pillars of training success set this athletic performance facility apart from all others. By following these pillars as the backbone of the facility, he proves that they are an effective method to accomplish any athlete's goals. Shockwave Strength and Performance uses advanced athletic programming, mentorship and scholarship, and community outreach to ensure their athletes and clients are trained by professionals, like professionals. Shockwave's mission is to "provide a comprehensive facility design that emphasizes speed, strength, endurance, flexibility, and agility for athletes as well as general fitness members."



Image | Shockwave Strength and Performance

Between general memberships, sports performance training both on and off-season, ROC class, and youth functional training this place is sure to satisfy your New Year's goals. Dr. Best has armed himself with the best where he has a team of highly motivated, enthusiastic trainers to influence their clients by creating an unforgettable experience. The state-of-the-art facility includes Olympic platforms, indoor turf and track, squat racks, cardio equipment, and a functional training area. With a focus and specialization in training athletes, Shockwave is passionate about the growth and development of each of their customers. They offer one-day passes and 10% discounts to educators and military and through the holidays, college athletes that enroll receive 10% off a 10-visit pack.



Image | Shockwave Strength and Performance

Norfolk
Brute Strength Gym, LLC
836 Poplar Hall Drive, Norfolk, VA, 23502 | 787-893-9111
brutestrengthgym.net



Image | Brute Strength Gym, LLC

If you're looking for an old school, traditional style gym that focuses on powerlifting and functional strength training, Brute Strength Gym is for you. You'll find no machines, just pure training equipment true to original weightlifting and training to improve your performance while allowing people of all fitness levels to become the strongest version of themselves. This entire gym leaves you with iron in your veins as it is a place you will find barbells, bumper plates, ropes, rings, sleds, and running/pushing lanes. If you're interested in strongman training, you'll find lifting stones, logs, sandbags, and weight loaded wheelbarrows.



Image | Brute Strength Gym, LLC

Stop in and check out the Brute Powerlifting Club where you will join General Manager and Head Coach Stella Krupinski, an Arnold Classic champ and the ninth woman in history to bench over 300 lbs raw, to train for competitions and contests. The well-rounded trainers offer their knowledge and guidance in services including personal training, CrossFit, kettlebell training, powerlifting, strongman, Olympic lifting, and weightlifting. No matter the time of year you end up here, the 12,500 sq. ft. warehouse gym is always at a comfortable temperature and all levels are welcome.



Image | Brute Strength Gym, LLC

Brute your way into the New Year with daily passes, no sign-up fees, and affordable monthly rates. For \$15, you can stop by for the day and if you join within 7 days, Brute will take that \$15 off any contract signed. Members also receive free Strongman/Woman classes every Tuesday and Thursday at 6:30 pm.

Latitude Climbing + Fitness
1830 Lindsay Avenue, Norfolk, VA 23504 | 757-347-1411
latitudeclimbing.com



Image | Latitude Climbing + Fitness

If you're interested in climbing your way into the New Year, Latitude Climbing + Fitness may be the solution for you. Founders Marisa Beck, Matt Beck, and Jason McKenzie built this gym on the premise of building a climbing community. As the first and only climbing facility in Norfolk, they are known for their innovative approach to bouldering, rock climbing, HIIT classes, yoga, and hosting youth climbing parties. Their exceptional and knowledgeable staff make certain that climbers of all skills levels are fully prepared and ready to train in this modern facility. This fully renovated, historic brick warehouse has a suite purely dedicated to climbing and a suite that houses the yoga studio, fitness area, coffee

bar, and game area where you can brush up on your ping pong and shuffle board skills while you take a break.



Image | Latitude Climbing + Fitness

For a workout that will challenge your body and your mind, climb on a day pass to try it out and see if it's for you. Latitude does have rental equipment so if you are new to the sport, they've got you covered. Once you're hooked, Latitude has various monthly options for memberships or 5 and 10 visit passes. For the holidays and New Year, Latitude is offering the *Totality* group fitness challenge and the rock climbing *Double Down* challenge, more information can be found on their website or through the booking site [here](#). Students and military signing up are eligible to have the initiation fee waived. Active duty members also have the option to waive their membership for up to eight months in a one-year period while deployed. At Latitude, they "build climbers and encourage people to include fitness as part of a healthy lifestyle."



Image | Latitude Climbing + Fitness

Lacey Lee Fitness
1313 Redgate Ave., Norfolk, VA 23507 | 757-288-5444
laceyleefitness.com



Image | Lacey Lee Fitness

For a comfortable and more private approach to fitness, Lacey Lee has designed an elegant studio where she focuses on helping each client achieve their personal fitness and nutrition goals. Lacey and Mea the Motivator strive to give each client the quality care they deserve while getting fit and having fun. Lacey has this insatiable desire to help people find their comfort in living a healthy lifestyle.

At Lacey Lee Fitness, they take their training seriously and their classes offer a unique feeling to where no one is left to figure it out alone. The classes are open to all fitness levels, injuries and limitations as the certified trainers are there the entire way to educate and guide you along. Coming from working in a commercial gym, Lacey was able to bring a refined skillset with her when she opened her own facility. She knows what works, and how to guide people in the direction of their goals.

For only \$15, you can stop by for the day, meet Mea, and see that you won't be disappointed with the family you are entering into. For the New Year and holidays, if you mention AltDaily and this article, the remainder of the year is free with no obligation to continue in 2019. As a member, you'll have access to the private Facebook page that connects you directly to Lacey because her mission is to ensure continued success in your goals. She makes sure that all of her clients are provided with "the utmost quality of services and care to those looking to take action and better their health in a comfortable & fun environment. And, to find joy in being active and living a healthy lifestyle."

Smithfield

Sweat!Smithfield 24/7

1807 South Church St., Suite 102-104, Smithfield, VA 23430 | 757-542-3919

time2sweat.com

Owner and Smithfield local, Andre Moore decided it was time for the town to have their very own 24/7 facility. At Sweat!Smithfield, Andre and his team of trainers bring over 65 years of combined experience to Smithfield with a mission to provide professional fitness and wellness to the local community, at an affordable price. The trainers are highly qualified and passionate about what they do offering a unique set of services to the area. They specialize in personal training, injury rehab, Reiki and yoga, massage therapy, boot camp, and nutrition counseling services all under one roof. The gym welcomes any fitness level. You'll be sure to find a trainer that will help you reach and keep your New Year's resolution.

The gym is conveniently located off busy South Church Street where there is enough parking that you will always be able to find a spot. The modern facility uses Matrix cardio equipment, free weights, weight machines, benches, and plate loaded machines. Want to check it out before joining? Not a problem, for just \$10 you can swing in and grab a day pass to get your sweat on. While you're there, ask about the holiday and New Year's promotion that will waive your registration fees on eligible monthly memberships. Sweat!Smithfield also offers a 10% discount for military, public safety, seniors and educators. Welcome Andre and his crew to the neighborhood because they want to know "Are you ready to Sweat!Smithfield?!"



Image | Sweat!Smithfield

Let 2019 be a year of health, wellness, movement, and small businesses support in Hampton Roads. These owners work extremely hard to meet the needs of the community while providing local jobs and an influence in the local economy. Shop local, it's all you'll ever need.

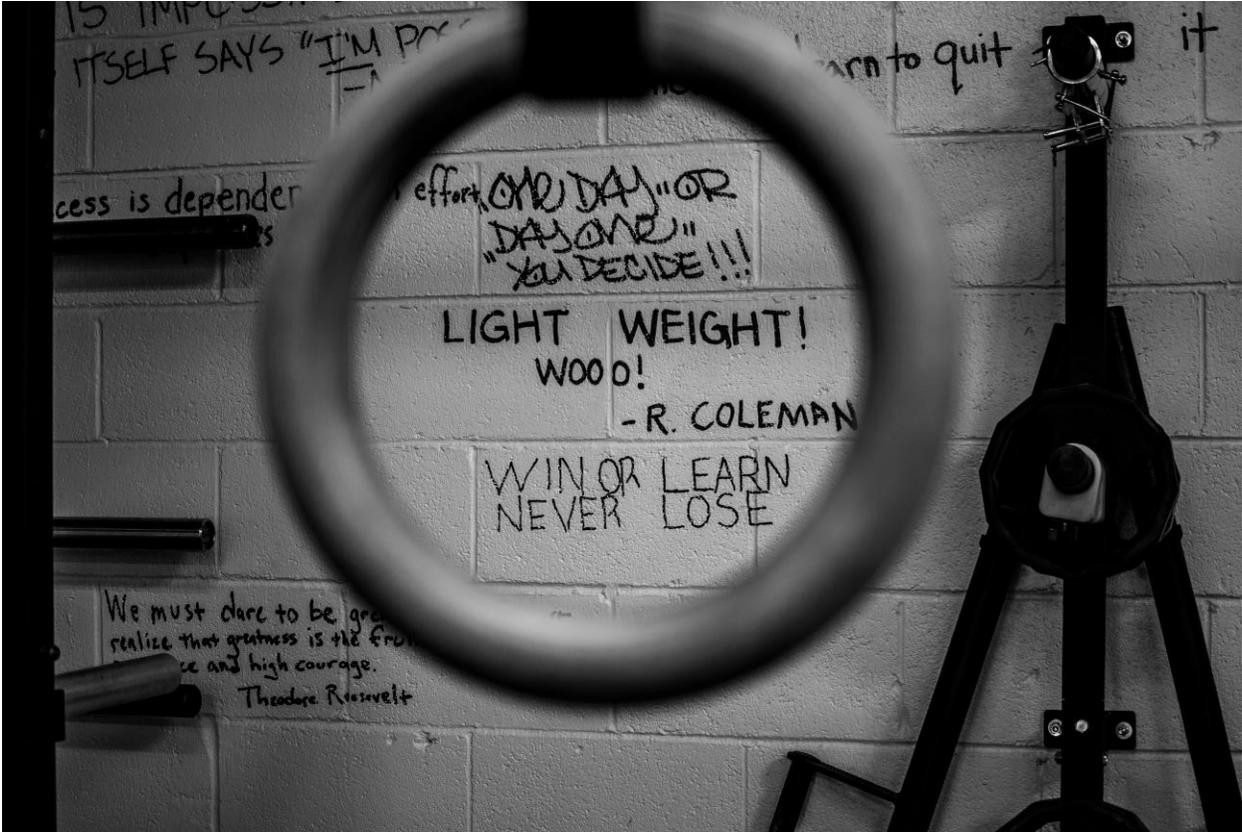


Image | Grindstone Athletics