

THRIVE FITNESS TIMES

The latest news from Thrive Fitness

IN THIS ISSUE

**PERSONAL TRAINING
PACKAGES**

GOLF. FIT. YOU

**CLASS HIGHLIGHT:
TF HIIT**

NEW APPAREL



Personal Training Packages

Having a personal trainer to guide you through the correct positioning and form is invaluable. They can help ensure that you're performing the exercise most effectively for your body. You'll not only likely see better results, but also avoid potential injury this way.

[Check out our Personal Training Packages here!](#)

30 MINUTE SESSIONS

6 Month Package
2x / Week = \$65/Week

12 Month Package
2x / Week = \$60/Week

SINGLE SESSION	\$45
5 PACK	\$40/SESSION
15 PACK	\$40/SESSION + 1 FREE SESSION + SHAKER BOTTLE
30 PACK	\$40/SESSION + 4 FREE SESSIONS + T-SHIRT

50 MINUTE SESSIONS

6 Month Package
2x / Week = \$110/Week

12 Month Package
2x / Week = \$105/Week

SINGLE SESSION	\$70
5 PACK	\$65/SESSION
15 PACK	\$65/SESSION + 1 FREE SESSION + SHAKER BOTTLE
30 PACK	\$65/SESSION + 4 FREE SESSIONS + T-SHIRT

Golf.Fit. *You*

MEMBERSHIP OPTIONS

Regular

Single \$80 Couple \$120 Family 3+ \$140

What's Included?

Two Rivers Golf Membership, Thrive Fitness Gym Membership, Discounts to Local Businesses

Advanced

What's Included?

Two Rivers Golf Membership, Thrive Fitness Gym Membership, Discounts to Local Businesses, Corrective Exercise Program, Golf Specific Workout

Elite

What's Included?

Two Rivers Golf Membership, Thrive Fitness Gym Membership, Discounts to Local Businesses, Corrective Exercise Program, Golf Specific Workout, One 60 Minute Personal Training Session/Week



TWO RIVERS GOLF CLUB

150 Oak Tree Lane
North Sioux City, SD

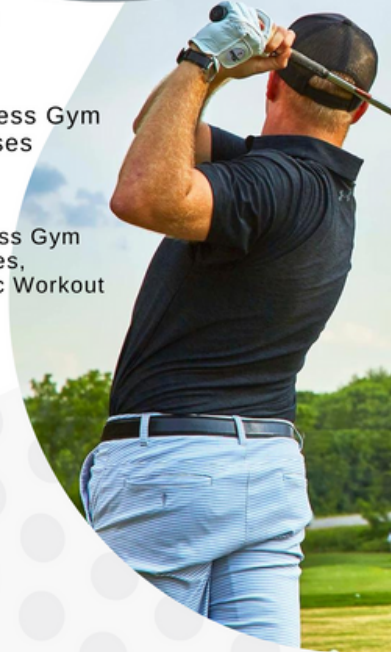


THRIVE FITNESS

300 Centennial Drive
Suite 270
North Sioux City, SD

QUESTIONS?

THRIVEFITNESS@THRIVEFITNESS-SD.COM



Do you like to golf and stay fit? Then our Golf. Fit. YOU bundle membership is for you! Every membership includes a Thrive Fitness membership, Two Rivers Golf Club membership, discounts to local businesses, and more!

START YOUR GOLF. FIT. YOU MEMBERSHIP TODAY!

Class Highlight: TF HIIT

TF HIIT is a high-intensity 60 minute training session that cycles from a warm-up, to strength/cardio training, to a cool-down. Each class contains several circuits you will work your way throughout the class, with periods of high-intensity training to periods of rest.

HIIT classes are beneficial to increasing stamina, burning fat, strengthening bones and muscles, and you continue to burn fat and calories after your workout!

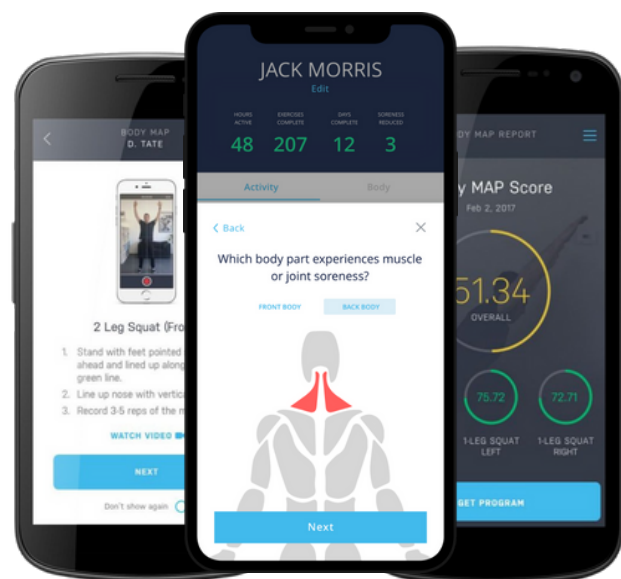
[Check out our full line-up of classes here!](#)



Fusionetics

Fusionetics' Body MAP is a game-changing innovation in movement science. As a user performs a standard series of movements, the Fusionetics 2D mobile video-capture immediately logs millions of data points. Our advanced machine learning then immediately analyzes these captured values, helping you target imbalances and prevent injury.

All Thrive Fitness members have access to this unique technology! [Schedule your scan today by emailing us!](#)



Thrive Merch!

Represent Thrive Fitness anywhere you go! [Check out our online merch store here!](#)



Meet a Coach

My name is Adrian Jurado. I'm 1 out of 7 kids and I fall under number 3 in the line up. I have 4 brothers and 2 sisters and we are all very active. What got me into fitness was the desire to be a bigger, stronger wrestler. Now that those days have ended, I have just only started my journey of wellness and fitness. What I enjoy most about wellness and fitness is the fact that it has many benefits aside from physical. My goal is to spread and grow physical fitness and help the lives of many in the process. My focus is around injury prevention, mobility, flexibility and athletics.



The Hideout

Looking for a pre-workout energy drink or post-workout protein shake? Stop by the Hideout Coffee & Smoothie Bar located on the south side of the CNOS Fieldhouse courts. We offer a wide range of drink options, from coffee (Stone Bru blend) to frappes to smoothies with lots of add-ins (flavor, protein and energy) to choose from.

If no one is there, text your order to (712) 899-2087 or [download the app](#) for fast delivery to you inside the CNOS Fieldhouse or in the parking lot!



MyZone Monitors

Train smarter with MyZone Heart Rate Monitors! Receive in-the-moment feedback of your intensity levels to assist you in training smarter. Your workout sessions become individually tailored, leading to better and faster results. What's more, owning a MyZone Heart-Rate Monitor gives you access to any of Thrive Fitness's monthly MyZone Challenges!

The MZ-3 chest strap sells for \$119.99

The MZ-Switch wrist strap sells for \$139.99

Stop by our retail desk upstairs to purchase!



February Promos

We will also be offering new promotions throughout the month!

Check them out on our website: www.thrivefitness-sd.com/monthly-promo



Stay Connected



[Website](http://www.thrivefitness-sd.com/monthly-promo)



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