

THRIVE FITNESS TIMES

The latest news from Thrive Fitness

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Why Take Thrive Classes?

Creating a workout routine often takes some trial and error. You have to learn what time of day you prefer to workout, styles of exercise you enjoy, and studios and gyms that are convenient to your area. There quite a few logistics involved before you even get to the first workout! Even after a routine has been created, sticking to it can be tricky. It takes time—thankfully, there are tools within the fitness world that work to support routines and your overall fitness goals.

Group fitness is a great option for those who want help staying motivated, sticking to a routine, or even just need some accountability. Our Thrive Classes are led by a certified instructor, so you can expect more direction and form corrections than a solo gym workout. Hear what our members have to say about our classes:

"I have enjoyed working out at Thrive since I started! It has a positive environment and no matter what your goals are, the coaches and members will push you to the next level! The minute you step into a class, you will feel the vibe to get you through a hard workout!"

[Click to check out our Thrive Class Schedule](#)

Class Highlight: Ride & Sculpt

This class is exactly as the name describes! A 60 minute workout that combines everything you love about spinning (hills, seated sprints) with the benefits of included strength training intervals!

Try out Ride & Sculpt with Coach Teresa on Wednesdays @ 12pm and Fridays @ 12pm

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



Punch Cards

Interested in our classes, but not ready to commit to a Thrive Membership? Try our punch cards! You can drop-in to any of our classes 10 times within 60 days for \$130!

Classes include: Thrive Total Strength 60 (brand new class!), TF60, Tone, TF3, TF HIIT, Ride, Ride & Sculpt, Yoga, and Mash.

Text our gym phone to start your punch card!
(712) 899-2087



Referral Program

Working out is better with a friend!
Which is why we offer \$3 off your membership FOR LIFE when one of your referrals signs up for a 52-week ALL IN Thrive Fitness Membership!

An ALL IN Memberships gives you access to the top-of-the-line equipment in our 24-hour gym, Thrive app, all of our classes including Tone, Ride and TF60, access to Personal Training, nutritional coaching, unlimited use of InBody 270 available, and more!

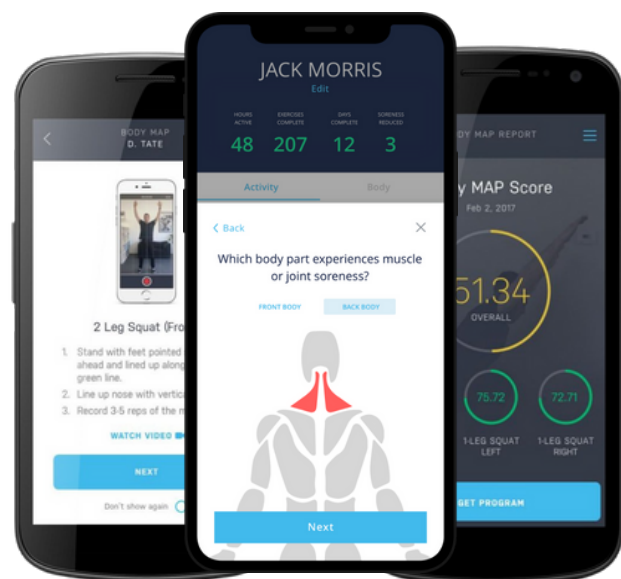
**SEND YOUR
REFERRALS TO THIS
LINK!**



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!](#)



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

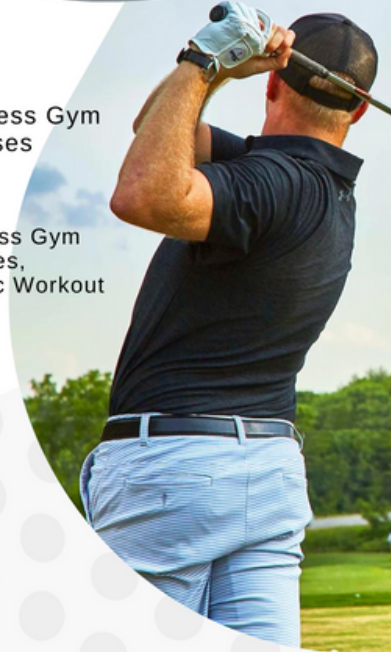


THRIVE FITNESS

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!

Coach Highlight

Sharron Skinner

Train with Sharron in our Tone & TF3 Class!

Tone (Tuesdays @ 5:15am)

A 50 minute class alternating from weight training to core training to cardiovascular training.

TF3 (Fridays @ 5:15am)

High-intensity interval training (HIIT) is a training protocol alternating short periods of intense or explosive anaerobic exercise with brief recovery.



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!



April Promo

This month we are offering Discounted Small Group Personal Training Packs (for groups of 2-6).

[Schedule your tour at Thrive today!](#)



Stay Connected



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