

THRIVE FITNESS TIMES

The latest news from Thrive Fitness

IN THIS ISSUE

**HOW TO STAY
MOTIVATED**

REFERRAL PROGRAM

**CLASS HIGHLIGHT:
MASH**

PUNCH CARDS



How to Stay Motivated in your Fitness Journey

Motivation – sometimes it's hard to find. We start a new regimen or program and try to put all our best efforts into it but we just aren't seeing the results we'd hoped for. If this sounds familiar, read the following advice from our Fitness Manager, Personal Trainer, and Nutritionist, Andrea Slade:

- 1) Don't forget that your Thrive staff and Personal Trainers are here exactly for these moments. Maybe the program you've chosen to follow isn't the best fit for you and your goals. Maybe you're crushing it in the gym, but destroying your efforts in the kitchen.
- 2) You need to continually remind yourself that it's not a sprint. It's a marathon. One of our very own members said to me, "I didn't get to where I am now overnight. I can't expect it to improve overnight." This has stuck with me ever since she shared as there is so much truth to it. Keep putting in the work and reach out to your Thrive staff if any of this sounds familiar!

Get in Touch with our Personal Trainers

Thrive Members Compete in Weight-Lifting Meet

A big congratulations to our Thrive members who competed in the Rick Hussey Memorial Meet at the end of February! Derik Bailey, Dillon Rosener, Andrew Hessa, Cory Kellen, Zach Lebowich, Johnny Tureaud, Lucas Moulton, Aidan Boyd, Luke Mutchler, Hunter McHugh and Julie McFee.

Derik Bailey was the OVERALL WINNER and 4 of our members finished in the TOP 5! Everyone hit a PR total and also hit PRs on EVERY SINGLE LIFT! They also completed 75% to 100% of their attempts on the day. That's not easy to do! Very proud of our members!



Class Highlight: Mash

Mash is a fun, fast-paced class that will keep you on your toes! This class is a mash-up of cardio, strength training, and more! You never quite know what each class will consist of which makes it an exciting class to continue returning to! You'll never stop seeing results in your fitness with the variety of these classes!

[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: TF60 (brand new class!), 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!

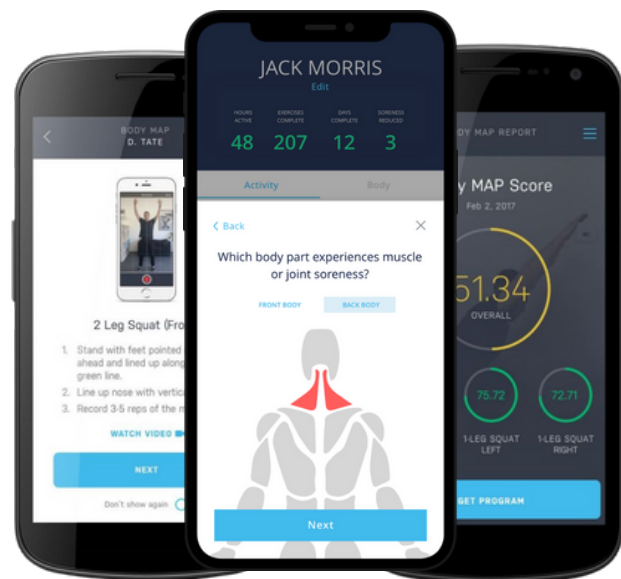
**SEND YOUR
REFERRALS TO THIS
LINK!**



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

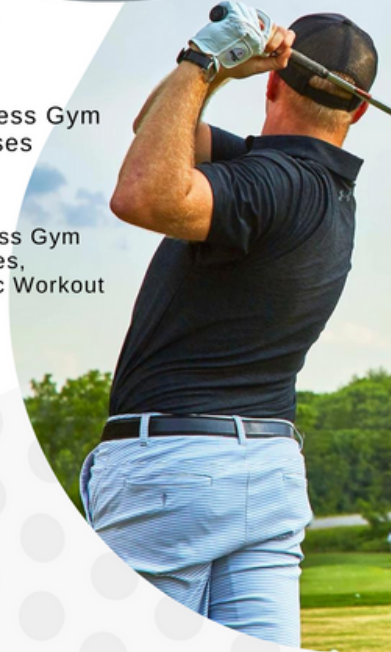


THRIVE FITNESS

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!

Meet a Coach

Andrea Slade
Fitness Manager & Personal Trainer

Fitness became a big part of my life back in my early 20's. My journey started with training for 5k's at my brother's influence. I decided I wanted to work with a personal trainer to get comfortable in the gym, and it just took off from there! I am now a Certified Personal Trainer and group class instructor. I absolutely love sharing my passion for fitness with others and pushing and encouraging people to reach their goals. If you don't enjoy it, you won't stick to it, so it's my job to keep you excited about what you're doing and keep you motivated and wanting to come back for more!



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!



Thrive Merch!

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



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!



March Promo

PAY IN FULL 6 MONTHS = 7TH MONTH FREE!

PAY IN FULL FOR 12 MONTHS = 13TH & 14TH MONTH FREE!

www.thrivefitness-sd.com/monthly-promo



Stay Connected



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



[ThriveFitness](https://www.facebook.com/ThriveFitness)



[@thrivefitnesssd](https://www.instagram.com/thrivefitnesssd)