

TF THRIVE FITNESS TIMES

The latest news from Thrive Fitness

IN THIS ISSUE

TF60

JOIN THRIVE

NEW YEARS CHALLENGE

NEW E-GYM APP



New Class: TF60

We are excited to add another class to our awesome lineup: TF60! TF60 is specifically designed to maximize your training experience with full utilization of our multi-level facility and variety of equipment. Come join us, starting January 2nd, and see what TF60 is all about!

Schedule:

5:15am | Monday/Wednesday/Friday

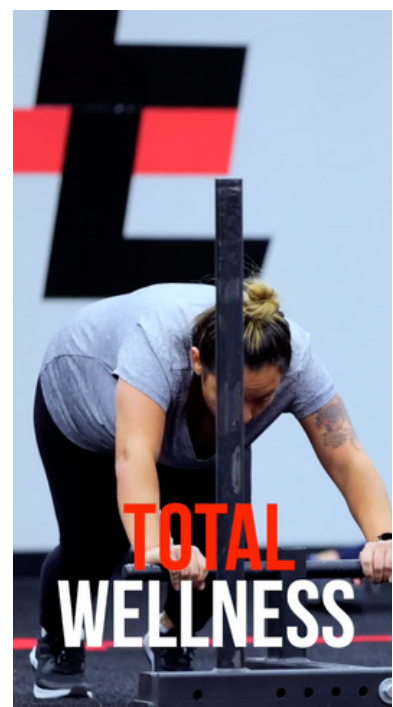
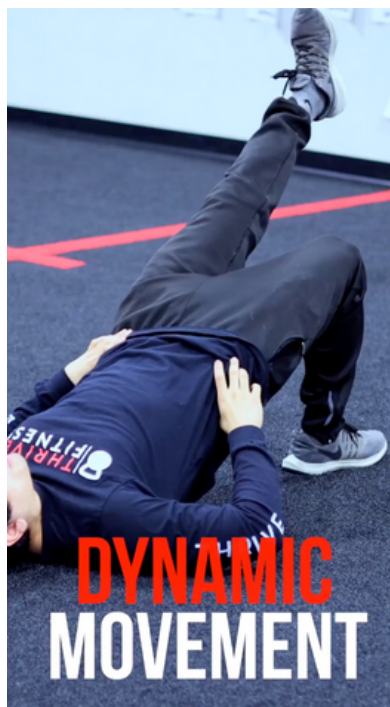
6:15am | Monday/Wednesday/Friday

Noon | Monday/Wednesday/Friday

The first half of training starts on the 4900 square foot area of turf where a coach will guide you through 10 minutes of warm-up and 20 minutes of high-intensity cardio. The second half of class will consist of 20 minutes of strength training and 10 minutes of active recovery and cool down.

Start 2023 off right with this new way to fitness!

[Email us to add this class to your membership!](#)





Join Thrive

Are you or someone you know new to Thrive Fitness? Start a healthy 2023 for only \$1 down for the first (January 2023) and last month (December 2023) of your 12-month membership! As an added incentive, new members can join our 6-week New Years Challenge for just \$25 and a chance to win 1 YEAR FREE MEMBERSHIP!

As a Thrive member, you'll also be able to take part in our referral program. It's our way of saying thank you! For each friend/family you refer that enrolls in a 52 Week All In, you're going to save \$3/month on your membership for LIFE.

Why should someone join Thrive Fitness? We offer something for all fitness goals! With a Thrive membership, you'll have access to our 24-hour gym with an incredible variety of equipment to use, Fusionetics 2D Motion Capture to provide information on movement efficiency to prevent injury, personal training with any of our CPTs, nutritional coaching, unlimited use of InBody 270 (an in-depth reading of body composition to help you stay on target), variety of supplements on hand to power you through workout and recovery, the Hideout Coffee And Smoothie Bar on-site, continuous deals with locally partnered businesses, and access to all our offered classes: TF60, Thrive Tone, TF3, Thrive Mash, and Thrive Ride.

[Click here to Join Thrive!](#)

New Years Challenge

**T3 THRIVE
FB FITNESS**
6 Week Challenge

Are you up to the challenge? Our New Years 6-week Challenge begins Monday, January 9, 2023! Just \$25 to enter and TWO 1-YEAR FREE MEMBERSHIPS will be given away. One to a current member and one to a new sign-up. This challenge is all about accountability and building healthy habits. You can also expect some mini-challenges and give-a-ways along the way! You'll also save 20% on nearly all Thrive add-on options, apparel, supplements & accessories.

To join, [email us at Thrive Fitness](#). Throughout the 6 weeks, you will get 2 Fusionetics screenings, 2 InBody 270 scans, goal setting, weekly check-ins, and access to the brand new MyThriveFit app.

Meet an Instructor

Hi! My name is Teresa Mohwinkle, and I grew up in Holstein, Iowa. I attended Buena Vista University where I participated in both basketball and track all four years, graduating with a degree in Exercise Science. Always being part of a team and spending a great amount of time in gyms, I knew my career needed to be part of the fitness world. I feel passionate about helping people incorporate healthy activities into their lives, boosting their self-confidence. In addition to my job as a personal trainer, I have taught a variety of group classes over the last eighteen years. In my spare time I enjoy lifting, cooking, walking/running with my dog, and, basically, any outdoor activity. Of course, a favorite of mine has always been biking.



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!



MyThriveFit App

Stay connected with our brand new MyThriveFit App! Our new app will allow you to further your gym experience by connecting with friends and other members, full integration with many of your popular wearables (including MyZone), and guidance with our training and nutrition plans. Our app has the functionality to set personalized goals, track activity such as calories burned, strength workouts, cardio workouts, compete in Thrive challenges, and earn rewards points for activity. Become a Thrive member to utilize all these great features!



January Promos

\$1 Down for your 2023 Thrive Membership continues this month! \$1 Down for January and December. We will also be offering new promotions throughout the month!

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



Stay Connected



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