

THRIVE FITNESS TIMES

The latest news from Thrive Fitness

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WHAT IS TONE?

HOW PERSONAL TRAINING CAN HELP YOU REACH YOUR FITNESS GOALS

THRIVE SUMMER POP-UPS

OCTOBER PROMO



Class Highlight: Tone

Choosing the right gym can be a hard task. When you choose Thrive Fitness we will commit to providing effective, realistic, and engaging programs that are designed to produce top results. All of our classes are tailored for any individual; whether you're a beginner or just looking to change things up, we have a program for you! Our aim is to support people from all walks of life, and help you achieve your personal fitness and health goals.

We offer a variety of classes including Ride & Sculpt, TF3, TF HIIT, Tone, Yoga and more! The class we will be highlighting in this month's newsletter is Tone.

Tone is a 50 min class alternating bouts of weight training, core training, and cardiovascular training. This delivers a triple threat workout of high intensity sweat, low impact burn, all to



give you total body results. Our Tone class incorporates a variety of cardio and strength equipment. Think 'bootcamp style' when it comes to this one. Dumbbells, kettle bells, low weight barbell, assault bikes, rowers, skis, bosu balls, jump ropes, bands and more. You name it and we've probably got it! This class is a great way to incorporate your cardio and strength training all into one non-stop 50 minute class!

How does this style of training help to achieve your goals? "Your entire body is being pushed to its limits, not just one muscle group. The goal is not an improvement in an isolated area, but a full-body reformation. The combination of intense resistance training and weight training helps you tone and grow your muscles, while also providing the endurance to maximize your workouts. The social aspect of this group fitness class keeps you accountable and also promotes friendships with like-minded people who want to get healthy together! Keeps you coming back for more!" states Thrive Fitness Operations Manager & CPT, Andrea Slade.

Personal Training: How It Can Help You Achieve Your Fitness Goals

Having a personal trainer in your fitness journey has a lot of positives, but one of the primary reasons that someone should have a personal trainer is that they can educate you on all aspects of health, fitness and exercise. Knowledge is power and when it comes to your fitness goals, having a proper understanding of what is required for you to reach those goals is incredibly empowering.

"Personal training is one of the best things you can invest in for yourself," states Head Personal Trainer & CPT, Sadie Green. "You get personalized programs that help you achieve your goals. Unlike group fitness, every exercise, critique, and session is specifically made for you."

CPT Sadie shares some of her clients comments about personal training:

“ *"My trainer makes it enjoyable but pushes me to work harder."*

"This is the best thing I have done for myself in years."

"I really enjoy working with my trainers. Very knowledgeable and patient. They really care about my progress!"

”



If you are ready to make a life change that will be a long term investment with amazing rewards, you are the perfect candidate for personal training!



Thrive Fitness Summer Pop-Up Classes

Summer 2022 marked the first season of Thrive Pop-Up Classes at various Siouxland businesses. We ventured to P's Pizza House in Dakota Dunes, SD, Jefferson Beer Supply in Jefferson, SD, Scheels in Sioux City, IA, and the new Stone Bru location on Wesley Parkway. Changing the scenery is a great way to keep workouts fresh, especially in the summer heat!

A HUGE thank you to these establishments who allowed us to use their business space for workouts! Not only were they wonderful, unique locations to host workouts at, but they were very hospitable in offering discounts of their products to our members.



Retail at Thrive Fitness

We are excited to share our new retail space upstairs in the 24-hour gym area! We've got t-shirts, hoodies, workout gear and more! We also supply supplements to boost your fitness goals including daily vitamins, pre-workout, protein and joint care.

Check it out upstairs!



Phone | 605.540.0211 Email | thrivefitness@thrivefitness-sd.com

52 WEEK ALL IN

NO Admin Fee

FREE:

Workout Template
Nutrition Template
Fusionetics Screening
Personal Training Session
Thrive Big Frig Tumbler
Thrive Shaker

\$15 Key FOB
4 FREE 1 week holds
\$10/month hold option

MONTH 2 MONTH

\$29 Admin Fee (1X)
\$20 Key FOB
\$10 Workout Template
\$15 Nutrition Template
*no hold/pause option

FREE:

Fusionetics Screening
Personal Training Session

52 WEEK ALL IN

Single \$9.50/wk
Couple \$16.50/wk
Family \$24/wk

MONTH 2 MONTH

Single \$11.50/wk
Couple \$19.50/wk
Family \$28.00/wk

Add Classes

Single \$10/wk
Couple \$15/wk
Family \$5/wk per person

#movewellfeelbetter

**RAISE
YOUR
STANDARDS**

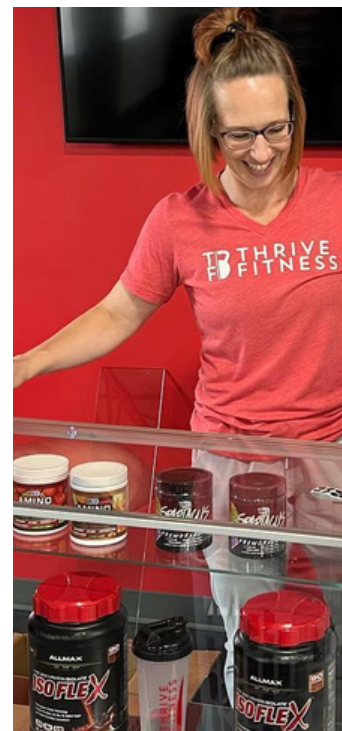
PERSONAL TRAINING

30 Minute

Single Session \$45
5 Pack - \$40/session
15 Pack - \$40/session + get 1 free + shaker
30 Pack - \$40/sessions + get 4 FREE & t-shirt

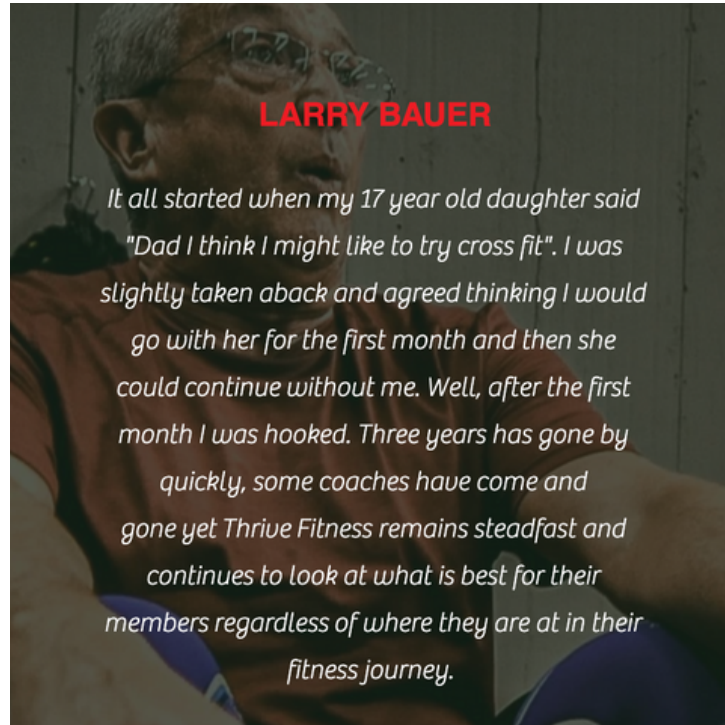
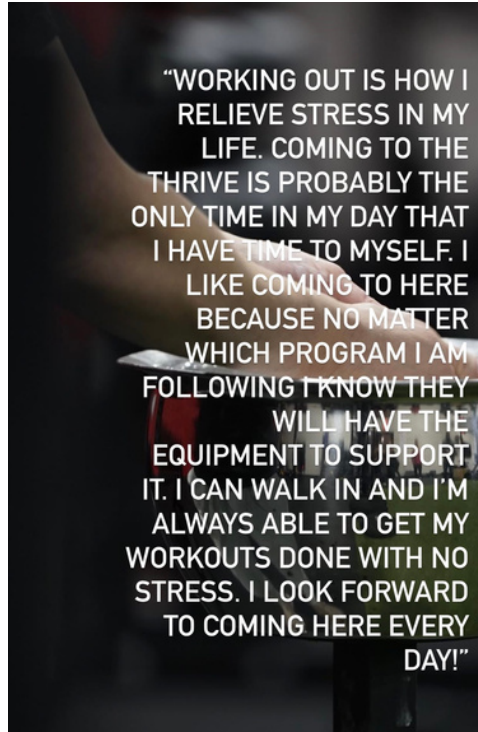
50 Minute

Single Session \$70
5 Pack - \$65/session
15 Pack - \$65/session + get 1 free + shaker
30 Pack - \$65/sessions + get 4 FREE & t-shirt



Testimonials

Be a part of next month's newsletter! Share your experience at Thrive Fitness [by emailing us!](#)



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!

October Promo

Each month we offer a special promo to our current and new members!

[Check it out here!](#)

NEW MEMBERS

If you sign a 52 week All-In Membership, you will be entered in a drawing to win a supplemental and apparel bundle valued at over \$150!

CURRENT MEMBERS

If you refer a friend and that friend signs a 52-week All-In Membership, you get a free month membership for your referral! Or, if your friend signs a Month-to-Month Membership, you get 2 full weeks free!



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