

# THRIVE FITNESS TIMES

The latest news from Thrive Fitness

## IN THIS ISSUE

### TIPS FROM A CPT

#### WHAT IS RIDE?

#### HOLIDAY CHALLENGE

#### DECEMBER PROMO

## Tips from a Certified Personal Trainer

**PERSONAL TRAINER & NUTRITIONIST: SADIE GREEN**

Some nutrition tips I wish I had known prior to working in fitness: don't overcomplicate it. You need protein, vegetables, fruits, grains and dairy to have a balanced diet. Americans struggle with getting fruits and veggies in the most. If you know you aren't eating the best foods, it's helpful to jot down maybe two of your "trouble" foods and replace them with a healthier alternative.

Understanding macros is also a game changer. Macros can simplify your maintenance needs and also expedite your progress to bulking or cutting. The average American over-consumes by an average of 1,600 calories PER DAY. One cheat day won't hurt you, but considering 1lb of fat is 3,500 calories, and 7 days of overeating can cause 3.2lbs of fat gain per week, you might want to consider some alternatives.

With all the information on labels and fad diets, interpreting what your body needs specifically can be hard to get started. We offer 4 nutrition plans that can help you reach your goals! Email [sadiegreen@thrivefitness-sd.com](mailto:sadiegreen@thrivefitness-sd.com) to get started!

## How an 80/20 healthy eating can look like

*Lifesum*

### 80%+ whole foods



### Healthier processed foods



### 20% unhealthy processed foods



# We are Hiring Personal Trainers!



Personal training is a very rewarding career as you get to work directly with clients and help them reach their goals. It allows you to work a flexible schedule and maintain an active lifestyle!

If you are motivated, hard-working and sales oriented, this is the career for you! Your certification status will influence the salary and hours you are able to train at Thrive Fitness. If you are looking for a career to build and work your way up, personal training is a fantastic career. Please email us at [thrivefitness@thrivefitness-sd.com](mailto:thrivefitness@thrivefitness-sd.com) to set up an interview.

"I love figuring out the most specific and efficient ways to help clients achieve their goals and feel their best! With everything going on in the world, I think one of the best things you can do is invest in your personal health, you deserve it. Fitness has been a way that I found relief from stress and I love sharing my passion with others, as well as helping people start their journey," states CPT Sadie Green.

## Class Highlight: Ride

Ride is a spin class that will keep you guessing with everything from interval sprints to flat rides and hill climbs! Join us for a challenging, yet supportive ride that will tone your legs, condition your core, and test your endurance.



# Thrive Equipment for Sale!

We are selling some of our equipment! Please message 605-670-6435 if interested!

TRX Rig \$1250

Ski Erg (floor stand model) \$700

York Oly Platform \$750

York Oly Platform \$750

Get RX Jerk Blocks \$375

Get RX Jerk Blocks \$375

Squat Stand w Pull up \$150

35# Rogue Barbell \$125

Rogue Foam Roller Holder for Wall \$60

Rogue Foam Roller Holder for Wall \$60

Rogue Parellette Sets \$65 per (have 5)

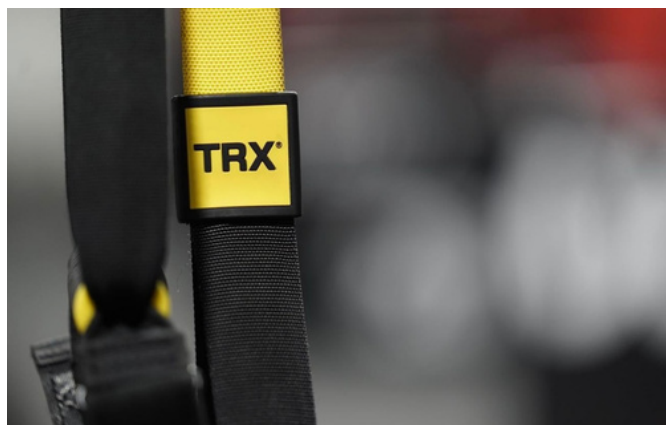
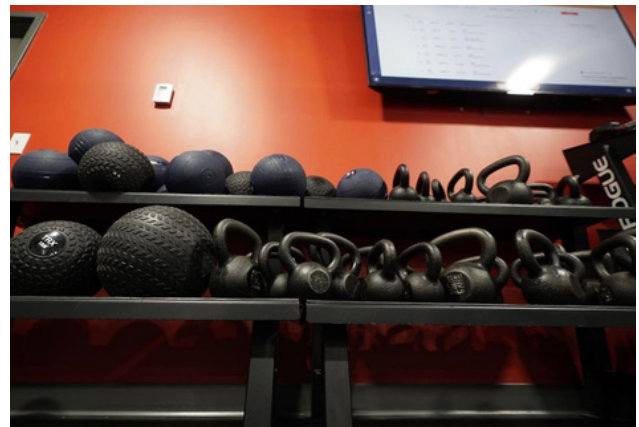
Battle Rope \$45

TRX Power Bag 10# \$40 per (have 3)

3 Small 12" Boxes \$35 per (have 3)

Kettlebell 13# \$15 per (have 3)

Kettlebell 9# \$10 per (have 6)





# Meet an Instructor

## Meet Jacki Kelly!

"I am a native of Sioux City and have been involved in sports and fitness for as long as I can remember, playing every sport my parents would sign me up for! I played soccer through college and now coach my children in soccer, basketball and volleyball. In 2017, I decided to start training for triathlons and absolutely fell in love with them, but most especially with biking. When not teaching spin class or hauling kids around to their activities, our family loves the outdoors and our goal is to hike in every National Park!"



## 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!





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

#movebetter

## 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

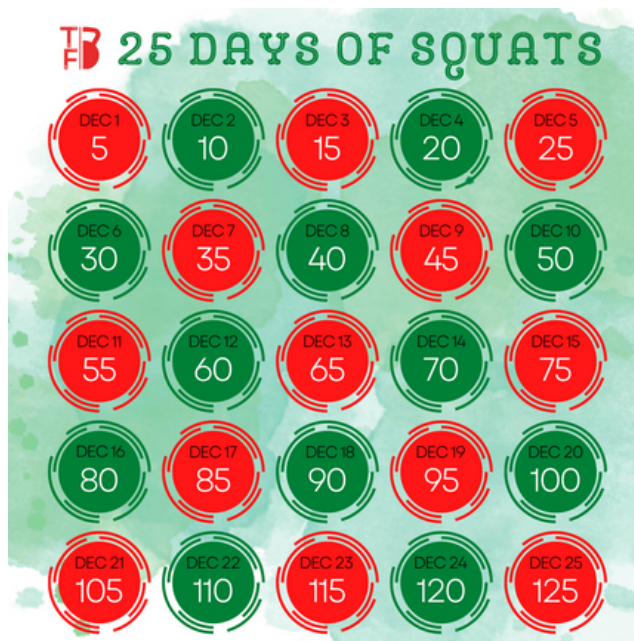
### 50 Minute

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

# 25 Days of Squats

Celebrate the holiday season with us by participating in the "25 Days of Squats" Challenge!

Check off each day, and you will be entered in a chance to win some free Thrive retail!



## December Promos

We will be offering promotions throughout the month!

Check them out on our website: [www.thrivefitness-sd.com/monthly-promo](http://www.thrivefitness-sd.com/monthly-promo)



## Stay Connected



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