



# Smoothie Menu

Address: 471 S Illinois Ave, Mason City (Next Hy-Vee East)

Phone: 641-201-1398

**CALL IN ORDERS for GROUPS AVAILABLE!**

## Hours

Mon-Fri 7:30AM-6PM

Sat 9AM-4PM

Sunday 10AM-2PM

Open to the public— no membership required

### Real Fruit Smoothies

**\$4.29**

#### **Apple Bliss**

Apple & strawberries

#### **Banana Berry**

Strawberries & banana

#### **Banana Blitz**

Banana & yogurt

#### **Banana Split**

Strawberries, banana, chocolate & vanilla yogurt

#### **Berries N' Cream**

Strawberries, raspberries, blueberries & yogurt

#### **Blue Freeze**

Blueberries, strawberries & banana

#### **Citrus Blast**

Lemon lime, orange & strawberries

#### **Coconut Craze**

Coconut, strawberries & pineapple

#### **Grapelicious**

Grape, strawberries & yogurt

#### **Island Paradise**

Kiwi, banana & orange

#### **Kiwi Delight**

Kiwi, strawberries, banana & yogurt

#### **Manic Mango**

Mango, banana & lime

#### **Orange Sunset**

Orange & strawberries

#### **Peach Berry**

Strawberry & peaches

#### **Peaches N' Cream**

Peaches, pineapple & yogurt

#### **Razzle Dazzle**

Raspberries, pineapple, kiwi & lime

#### **Raspberry Rush**

Raspberries, strawberries & yogurt

#### **Summer Breeze**

Strawberries, raspberries & OJ

#### **Summer storm**

Strawberries, mango, & OJ



### Pre-Workout & Recovery

**Smoothies- \$4.59**

**Lava Flow** - Banana, strawberries, orange, & weight gainer

**Molten Madness**- Chocolate yogurt, raspberries, banana & weight gainer

**Peanut Butter Blaster** -PB2, banana, chocolate or vanilla protein & yogurt

**Pre Workout**— Banana, strawberries, pineapple, & energizer

**Post Workout**-Strawberries, banana & vanilla protein

**Specialty Smoothies \$4.59**

**Apple Crisp**- Apple, oats, vanilla protein, cinnamon

**Caradise**-Apples, carrots, vanilla protein & banana

**Caramel Latte**-Coffee, caramel extract, vanilla protein

**Greens**- Spinach, oxi-mega green mix, apple, lime

**Greenberry** —Strawberries, blueberries, OJ, spinach, oxi-mega green mix

**Java Craze**- Coffee, chocolate protein & yogurt

**Orange Oasis** - Orange, peaches, yogurt & vanilla protein

**PB&J**- PB2, strawberries, grapes and vanilla yogurt

**Rise N' Shine**- Strawberries, orange, EfferC & milk thistle

### Feature Flavors

**Slammin' Sam**- \$4.59

Banana, coconut, chocolate yogurt chocolate chip protein

**Orange Push-Up**-\$5.34

Orange, peaches, yogurt & vanilla protein & Orange Amino

**PB2 Mocha**-\$5.59

Coffee, banana, PB2, chocolate protein & yogurt, Mocha Amino

**Spring Detox**- \$5.59

Apples, greens, apple cider vinegar, cinnamon, vanilla protein, & Lime Amino

### Smoothie Boosters

Stop in today and let us mix in your favorite boost.

**Whey Protein \$1.00**

A great meal replacement!

Increase metabolic rate & lean muscle mass. Decrease recovery time.

*\*Gluten-free protein available*



**Amino Energy \$ .75**

Supports energy & focus any time of the day with Green Tea Extract

*\*Various flavors available*

**Creatine \$ .75**

Aids in recovery time while increasing strength & growth

**EfferC \$ .75**

Vitamin pack high in electrolytes

**Flax Oil \$ .75**

Aids in muscle growth & maintaining healthy joint function

**Glucosamine \$ .75**

Promotes healthy joint function

**Immune Advantage \$ .75**

Build immune system functions

**L-Glutamine \$ .75**

Aids in recovery time & boosts the immune system

**Metabolic Enhancer/Energizer \$ .75**

Increases metabolism, fat burning & energy levels

**Milk Thistle \$ .75**

Supports liver & aids liver detoxification

**Oats \$ .75**

Complex carbs & source of fiber

**Weight Gainer \$ .75**

Carbs & protein aids in building lean muscle mass

**Check out our**



**page for the**

**Smoothie of the Week!**



**2 Locations for one price!**  
**East: 471 S. Illinois**  
**South: 2324 S Federal Ave**

**Open 24/7**

**East location features:** Smoothie Bar, all new equipment, & multiple classes available-adult fitness, kids fitness, cycling, yoga, kickboxing, & Zumba!

Membership is valid at both locations!

- ★ \$15 Key Card per person
- ★ Personal training and nutrition consultations by appointment.
- ★ Dedicated women's & senior's workout area (South location)
- ★ Wide selection of nutritional supplements
- ★ Now offering a 100% organic & gluten free supplement line
- ★ Family friendly

**Membership Pricing**

\$15 key card	Single	Family*
3 Months	\$70	\$100
6 Months	\$120	\$170
1 Year	\$200	\$300
1 Year Contract	\$19.99/month	\$29.99/month

\$150/Year for Seniors (60+) and Students (14-22 years old)

**\*Family consists of a couple and children (living at home 22 years and under).**

**Free Day Pass**

Experience the difference!  
 Your first time is free.

**\*During staffed hours**

**NIP Fitness**

**East: (641) 201-1398**

**South: (641) 201-1035**

**Webpage: [www.nipfitness.com](http://www.nipfitness.com)**

**EMAIL: [northiowafitness@gmail.com](mailto:northiowafitness@gmail.com)**



Check out our Facebook page for updates!