

HIGH PERFORMANCE GYM PROMO CODES

**CURRENT PROMO CODES as of JULY 25, 2025 with GYM START UP DATE MONDAY
AUGUST 4, 2025**



IRON SHARPENS IRON

**HOME GROWN MOVEMENT PERFORMANCE & MAVERICK PHYSICAL THERAPY
STOREFRONT: <https://hgmovementperformance.wodify.com>**

MEMBERSHIP PROMO CODES

<u>MEMBERSHIP</u>	PROMO NAME: ATHLETE APPLIES @ CHECKOUT	PROMO	DETAILS	EXPIRATION
LONE RANGER - WELCOME	LONE RANGER	20% off Monthly Membership	Initial sign-up (3,6,9,12 month) for Movement Performance Memberships	1 st 40 to sign up
LONE RANGER	TOP GUN	50% off 1 Month Membership	Promo applicable to 1 month Movement Performance membership	1 st 50 to sign up
WARRIORS - WELCOME	WARRIORS	15% off Monthly Membership	Initial sign-up (3,6,9,12 month) for Movement Performance Memberships	1 st 30 to sign up
WARRIORS	JEDI KNIGHT	50% off 1 Month Membership	Promo applicable to 1 month Movement Performance membership	1 st 50 to sign up
HERD - WELCOME	HERD	15% off Monthly Membership	Initial sign-up (3,6,9,12 month) for Movement Performance Memberships	1 st 30 to sign up
PLUNGE, SAUNA, RED LIGHT	MARS NARWHAL	15% off Monthly Membership	Initial sign-up (3,6,9,12 month) for Movement Performance Memberships	1 st 45 to sing up
RED LIGHT COMBO	COLLAGEN	FREE Monthly RED LIGHT	(8,12,16) sessions equivalent to any Plunge or Sauna Membership with the purchase of a Plunge or Sauna Membership	1 st 25 to sign up
1 FREE MOVEMENT PERFORMANCE CLASS	STOKED	1 FREE CLASS	MUST use within 2 weeks of Sign-up.	1 st 50 to sign up
1 FREE COLD PLUNGE	NORTH POLE	1 FREE PLUNGE Session	MUST use within 2 weeks of Sign-up.	1 st 30 to sign up
1 FREE SAUNA	MARS	1 FREE SAUNA Session	MUST use within 2 weeks of Sign-up.	1 st 30 to sign up
1 FREE RED LIGHT	RED	1 FREE RED LIGHT Session	MUST use within 2 weeks of Sign-up.	1 st 30 to sign up
OPEN GYM	PUMP		For all Movement Performance Members that signup for a package: 1st MONTH FREE	1 st 30 to sign up
3D MAPS ORTHO EVAL	MAPS	FREE	1 Free Movement Analysis screen (10-12 minutes)	1 st 60 to sign up



GROUP TRAINING PROMO CODES

<u>MEMBERSHIP</u>	PROMO NAME: ATHLETE APPLIES @ CHECKOUT	PROMO	DETAILS	EXPIRATION
GROUP TRAINING	CRUCIBLE	20 % off Packages	Initial sign-up (36 and 48 session packages)	1 st 10 groups to sign up
GROUP TRAINING	FORGING	15% off Packages	Initial sign-up (8,16,24 session packages)	1 st 10 groups to sign up
3D MAPS EVALS	BLUEPRINTS	20% off Packages	Initial sign-up (3,6,9,12 month) for Movement Performance Memberships	1 st 10 groups to sign up



1 on 1 (INDIVIDUAL SESSION) PROMO CODES

<u>MEMBERSHIP</u>	PROMO NAME: ATHLETE APPLIES @ CHECKOUT	PROMO	DETAILS	EXPIRATION
1 on 1 STRENGTH & CONDITIONING (MOVEMENT PERFORMANCE)	THE HUNT	10% off Packages	Initial sign-up (16, 24, 32, 44 session packages)	1 st 15 to sign up
PHYSICAL THERAPY	PERFORMANCEPT	10% off Packages	Initial sign-up (16, 24, 32, 44 session packages)	1 st 15 to sign up
PLUNGE, SAUNA, RED LIGHT	MARS NARWHAL	15% off Monthly Membership	Initial sign-up (3,6,9,12 month) for Movement Performance Memberships	1 st 45 to sign up
RED LIGHT COMBO	COLLAGEN	FREE Monthly RED LIGHT	(8,12,16) sessions equivalent to any Plunge or Sauna Membership with the purchase of a Plunge or Sauna Membership	1 st 25 to sign up
1 FREE COLD PLUNGE	NORTH POLE	1 FREE PLUNGE Session		1 st 30 to sign up
1 FREE SAUNA	MARS	1 FREE SAUNA Session		1 st 30 to sign up
1 FREE RED LIGHT	RED	1 FREE RED LIGHT Session		1 st 30 to sign up
OPEN GYM	PUMP	1 FREE MONTH	For all Movement Performance Members that signup for a package: 1st MONTH FREE	1 st 30 to sign up