

Crossroads Fitness



**December
2024**

What's going on at YOUR Club?

The staff of Crossroads Fitness wishes you and your family a Merry Christmas and a happy and safe holiday season. Thank you to our members for your time, loyalty and friendship!

12 Days Of Fitness
Healthy For The Holidays
December Fitness Challenge

December 1st - December 24th

Complete ALL 12 Fitness Activities & you get a \$25 Crossroads Fitness Gift Card!

Sign up at the front desk of either Crossroads location!

December Referral
Our Gift To You..
One Month of FREE Dues!

This is our way to say "THANK YOU" for referring a friend, family member or co-worker for membership to Crossroads Fitness!

1st & 2nd family members only

Instructors Spotlight

We would like to congratulate **Al Kreinberg & Kim Last** as the Instructors Of The Month for December!

Join them in Yoga on Tuesdays at 4:30pm and Sundays at 9:00am!

Home For The Holidays?

Parents & Grandparents... Are your kids home for the holidays? They can use the club for FREE during their school break! We would love to have them visit. Non-member guests are \$25 for their entire visit!

Member Success Story

Carlie Reed

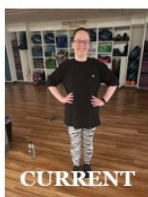
I joined Crossroads in April of 2021. I knew I couldn't do this on my own, so I tried as many classes as I could and loved that there were classes that fit into my work schedule. My favorites are SH1FT, BodyBalance and ROKbarre. The instructors offer modifications that helped me feel confident that I could do the class even though I was a beginner. Besides the scale, I noticed changes in the beginning that made it easier to continue on my journey like being able to do jumps, burpees, or other challenges in classes that I couldn't possibly do when I started. It helped me to notice my accomplishments sooner as I was comparing what I was doing today to my abilities when I started (tuck jump anyone?). I learned to make the gym a part of my routine, like going to work, so that even on days that I did not have the motivation, I would still be there in time for the start of class. Overall, my success helped with my confidence and health. I was able to avoid a prediabetic diagnosis & since I started, I have lost 105 lbs with less than 20 lbs to my goal weight! I am truly so



BEFORE

appreciative of all the amazing people here at Crossroads for being so encouraging and welcoming. It's made all the difference! For Carlie's whole story, visit our website at

<https://crossroadsfitness.com/success-stories-testimonials>



CURRENT

Holiday Hours

Christmas Eve - Tuesday, Dec. 24th

North Hours: 7:30am - 2:00pm

Kids Club: Closed

Downtown: Closed

Christmas Day - Wednesday, Dec. 25th

Both Clubs Closed

Thursday, Dec. 26th

North Hours: 7:30am - 10:00pm

Downtown Hours: 7:30am - 8:00pm

Kids Club open normal hours

New Years Eve - Tuesday, Dec. 31st

North Hours: 7:30am - 5:00pm

Downtown: Closed

Kids Club: Closed

New Years Day - Wednesday, Jan 1st

North Hours: 7:30am - 5:00pm

Downtown & Kids Club Closed

Special Holiday Class Line-ups
will be posted separately.



THE 2025 BEST YOU CHALLENGE

starts in January!

Watch for more info on ways to get signed up!

This **FREE** challenge is a favorite for our members!
Registration is easy. We want to set you up for success!

FOLLOW US!

@Crossroadsfitness_gj

#Crossroadsfitness



Text the word "Crossroads" to 28748 to receive weekly fitness tips!

www.Crossroadsfitness.com

December 2024 Club Hours

North Location:

Monday - Friday 4:55am to 10:00pm

Saturday-Sunday 8:00am to 7:00pm

Downtown Location:

Monday - Thursday 5:30am - 8:00pm

Friday 5:30am - 7:00pm

Saturday 8:00am - 2:00pm

Family Swim:

Friday 6:30pm to 8:30pm

Saturday & Sunday 12:00pm to 2:00pm

**Ask about our private swim lessons too!*



KIDS CLUB HOURS

Monday - Thursday 8:00am to 1:15pm
& 4:00pm to 6:45pm

Friday 8:00am to 1:15pm

Saturday 9:00am to 12:15pm

Sunday Closed

North Club:
2768 Compass Drive
(Off Horizon Drive)
242-8746

Downtown Club:
225 N. 5th St, #18
(Alpine Bank Bldg)
241-7800