

Crossroads Connection



**January
2025**

What's going on at YOUR Club?

January Referral

When you refer a NEW member to Crossroads in January, you will get a Crossroads Fitness Gift!

Your choice of a...



Gym Bag Duffle

Or

Backpack with cooler pockets



This is our way to say THANK YOU for referring a NEW member to YOUR club!
Referrals are the best gift a business can receive!

Member Success Story

Mike Hortwitz



I was told that John had experience training people with medical limitations, and so he began working with me a couple years ago. I have multi-level spinal stenosis with prior surgeries to address muscle weakness and loss of balance.

He customized a program for me that was multifaceted. John modified many traditional exercises to avoid injury while maximizing progress. Many exercises also have included a component of balance, and bit by bit, my balance has grown steady. John indulges me in my favorites (pull-ups, dips, and sled) while getting me to strengthen parts of my body I would either avoid (abs) or never imagine (wrist-banded variations of several dumbbell exercises). John's creativity is impressive, especially because its purpose is to customize my workouts to address limitations and concerns. John has helped me address other medical issues including cardiac problems. I feel confident in his guidance and inspired by his support.

Health is not about the weight you lose, but the life you gain.

**REGISTRATION
BEGINS
FRIDAY,
JANUARY 3RD**



**CHALLENGE
BEGINS
MONDAY,
JANUARY 13TH**

The Best You Challenge is a favorite amongst our members! This 6-week individual program is designed to help members engage in healthy activities. Participate by joining this FREE challenge. Earn points by exercising at the club, attending classes and joining in club events and seminars.

By engaging in a healthy lifestyle, you will become "The Best You."

Try different activities and find out what you like to do!

During the 6 weeks you earn points & prizes at your own pace.

Instructor Spotlight



We would like to congratulate
ANNE THOMAS

as the Instructor of the Month
for January! Anne teaches HIITS downtown
Mondays & Thursdays at noon!

CONGRATULATIONS ANNE!

Overnight Oats

INGREDIENTS

- 1/2 cup old fashioned rolled oats
- 1 cup Almond milk, Unsweetened
- 1 teaspoon honey
- 1/4 teaspoon pure vanilla extract
- Any other toppings like fruit, chocolate chips, almonds, etc.



INSTRUCTIONS

In a pint size (16 oz) mason jar (or other air tight container that can hold at least 2 cups), combine the oats, almond milk, honey, vanilla extract & other toppings. Close with the lid and shake to combine. Refrigerate for 8 hours.

No-Cook Breakfast: This recipe takes away all morning hassle—no need to fire up the stove or oven. Just mix the night before, chill, and go.

Two Essential Ingredients: At its core, all you really need to make overnight oats are oats and milk. The Greek yogurt, chia seeds, sweetener, and vanilla extract are highly recommended additions for enhanced flavor and texture.

Nutrient-Packed: High in protein and fiber, these overnight oats keep you full for longer while offering a lot of nutrients.

Totally Customizable: Whether you're a fruit lover, chocolate devotee, or nut enthusiast, there's a flavor combo for you. You can seriously add or mix in whatever you like – it's the chef's kiss of breakfast recipes.

Perfect for Meal Prep: Prepare it on a Sunday night and wake up to a delicious and nutritious breakfast all week long.



Integral Wellness Supplements!

Simple and clean products designed to take your health to another level!

Products sold at both Crossroads locations.



Workplace Wellness

Workplace Wellness is an incentive-based program in which you earn \$\$ off your membership dues!

We have partnerships with hundreds of local and Colorado businesses.

Ask about Workplace Wellness for your company!

FOLLOW US!

@Crossroadsfitness_gj



#Crossroadsfitness

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

www.Crossroadsfitness.com

January 2025 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 8am to 1:15pm
& 4:00pm to 6:45pm

Friday 8am to 1:15pm

Saturday 9:00am to 12:15

Sunday Closed

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

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