

Crossroads Fitness



**JULY
2024**

What's going on at YOUR Club?

Firecracker Of A Deal!



July REFERRAL

When you refer a NEW member to Crossroads Fitness in July, YOU get **ONE MONTH FREE!**



1st & 2nd family members only.

"You dream. You plan. You reach. There will be obstacles. There will be doubters. There will be mistakes. But with hard work, with belief, with confidence and trust in yourself and those around you, there are no limits." — Michael Phelps



Happy RETIREMENT Dalinda Crinklaw!

Dalinda is retiring from her full-time position as Member Services Manager. We are grateful that she wants to stick around two days per week for a while, so we don't have to say goodbye for good just yet!

Dalinda has been an important part of the Crossroads Fitness team for over 12 years!

She says her favorite part about working at Crossroads is the relationships she has built with the staff and members!

"There is something so special about seeing the transformation in our members and watching them succeed." Her favorite memories are the staff parties. They are always a blast getting everyone together and having fun!

4th of July Hours

North Location OPEN 6:00am-4:00pm



Downtown CLOSED
Kids Club CLOSED!

Special Group Fitness Class Schedule

6:00am Group Cycle
7:45am Yoga
8:30am Water Fitness
9:00am Pilates
10:15am Cardio Fusion
11:15am ROKBarre

Join our amazing team of BODYPUMP instructors for the LAUNCH of **Release 129!**

NEW MUSIC

**LES MILLS
BODYPUMP**

NEW BURN

Friday, July 12th at 9:00am

North Location - Bring a guest for FREE!

COUNTRY DANCE PARTY!



Tuesday, July 16th at 8:00am

Crossroads Downtown Location

We will be

BOOT SCOOTIN'

to popular COUNTRY SONGS & LINE DANCES!

FREE for ALL members & a guest!

Instructor Spotlight!

We would like to congratulate

Kayla Rhyne

as the Instructor Of The Month for June!



Join Kayla for one of her amazing classes at the Downtown Location!

Mondays at 12:00pm & Thursdays at 6:00am

Congratulations Kayla!

Have you downloaded the Crossroads Fitness App yet?

You can do SO much just from your phone with this app!
Scan the QR codes to get started.
It's totally FREE!



Watermelon, Cucumber & Feta Salad!

3 cups watermelon cubed
1.5 cups diced cucumber
2 tbsp mint thinly sliced
1/3 cup feta cheese crumbled
3 tbsp olive oil
1 tbsp lime juice salt and pepper to taste



Place the watermelon, cucumber & mint into a large bowl. In separate bowl mix together oil, lime juice & salt and pepper. Drizzle the dressing over the melon mixture & sprinkle with feta. Serve chilled.



Summer 2024 Farmer's Markets!



Downtown Grand Junction
Thursdays 5:30pm - 8:30pm
Fruita - Civic Center Park
Saturdays 8:30am - 12:00pm
Palisade - Downtown
Sundays 9:00am - 1:30pm

2024 Western Colorado Senior Games

The 2024 Senior Games will take place August 19-25. Registration is now open through July 31! Get ready & train for the games at Crossroads Fitness!
Register at

<https://www.gjcity.org/227/Senior-Games>

FOLLOW US!

@Crossroadsfitness_gj

#Crossroadsfitness



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

www.Crossroadsfitness.com

July 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:

** Ask about our private swim lessons, too!
Friday 6:30pm to 8:30pm
Saturday & Sunday 12:00pm to 2:00pm

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

"Free Club Exchange Day" for ALL Members:
Use both clubs on Saturday for FREE!
Downtown Members: Use the Airport Club on Sunday for FREE!