

Crossroads Connection



**MARCH
2025**

What's going on at YOUR Club?

MARCH REFERRAL

1 Month FREE!

is a **Slam Dunk!**



Get a month for **FREE** when you refer a friend for a membership to Crossroads Fitness in March **1st & 2nd family members only!**

Help us welcome Stephanie to the Crossroads Fitness team!



Stephanie works in the Accounts Receivable office.

Welcome to the team, Stephanie!


Integral Wellness Deep Sleep Aid

Our Natural Sleep Aid capsules utilize a clinically dosed blend of GABA, Apigenin, Magnesium Glycinate, and Vitamin B6 to promote deep sleep through the entirety of the night. Wake up feeling refreshed and energized.



Sold at both Crossroads locations!

6 Week Fit Camp




GET A JUMP START ON YOUR HEALTH & FITNESS GOALS

\$99 for 6 weeks of Group Training!

Starts Tuesday, March 4th

Tuesdays & Thursdays @ 6:00pm



North Location with Personal Trainer, Renee Jeffers

Sign up at the front desk of the North Location

DANCE FUSION WITH ELLIE IS BACK!

Starting March 7th!

Start your weekends off with a **DANCE PARTY** every Friday at **5:45pm!**

North Location



Ellie brings a variety of dance backgrounds into her classes to give you a workout that will leave you sweating and excited for the weekend!



Baked Honey Cilantro Lime Salmon

Ingredients

- 1 large salmon fillet
- Salt and pepper
- 1/2 cup butter melted
- Juice of 2 limes + 1 lime sliced thin
- 4 tbsp honey
- 1 tbsp minced garlic
- 1/2 cup cilantro roughly chopped

First, preheat the oven to 350 degrees. Next, line and grease a large baking sheet with foil. Lay the salmon on the foil/baking sheet and season with salt and pepper on both sides. Place lime slices under the salmon (so you get that lime taste from under and above the salmon!). Next, stir the butter, lime juice, honey, and garlic together. Pour this mixture over the salmon and fold up the sides of the foil over the salmon. If the sides don't touch, it's okay. Place in the oven for 15-20 minutes, then change the oven over to "broil" and cook the salmon another 5 minutes under the broiler. Serve sprinkled with chopped cilantro, if desired.

Instructor Spotlight

Help us congratulate
Chelsey Franz as the
Instructor Of The Month
for March.



Chelsey teaches ROKBarre on
Wednesdays at 5:30pm at the
Downtown Location.

Join her for one of her amazing
classes soon!

Congratulations Chelsey

Friendly Reminder

Please remember to use proper gym etiquette!

- Share equipment – Not sweat! Always wipe down and put away equipment when finished.
- Closed toe shoes are required in weight room.
- Take your rest time off of the machines so others can work in.
- Use proper technique to avoid injury. If you need help, please ask for a trainer consultation!
- Don't cause an earthquake! Avoid dropping heavy weights.
- Treat others how you'd like to be treated. Kindness goes a long way!

*Thank you for making Crossroads
the BEST Health Club!*

Crossroads Fitness Welcomes



As the Business Of The Month for March!

**All employees and volunteers can use both
Crossroads locations for FREE in March!**

FOLLOW US!

@Crossroadsfitness_gj

#Crossroadsfitness



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

www.Crossroadsfitness.com

March 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 8:00am to 1:15pm

& 4:00pm to 6:45pm

Friday 8:00am to 1:15pm

Saturday 9:00am to 12:15pm

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

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