

# Crossroads Connection

Crossroads Fitness



September  
2024

## What's going on at YOUR Club?

### September is National YOGA Month!

Celebrate with Crossroads  
by bringing a guest to any  
YOGA class for FREE  
in September!



Crossroads has 16 yoga classes every week!  
We offer classes to fit ANY fitness level!

### SEPTEMBER REFERRAL GIFT



When you refer a  
NEW member  
to Crossroads  
in September,  
you will get a  
**\$25 Gift Card!**

Gift cards can be used on supplements,  
snacks, drinks, pro-shop apparel and  
much more!

*\*New pro-shop items coming soon for Fall!\**

1st & 2nd family members only!

### Crossroads won

#### 1st Place!

We were voted  
Best Of The West  
Health Club 2024!



Thank you for voting for us! It's because of  
our amazing members and staff that we are  
honored to receive this award  
for the 5th year in a row!

### Labor Day 2024

Monday, September 2nd

North Location open 7:00am - 7:00pm

**Downtown Closed!**

**Kids Club Closed!**



### ROW-A-THON

Crossroads Fitness Training Staff will be hosting  
a Row-a-thon fundraiser for  
Mesa County Partners. All proceeds will sponsor  
the Kohls Shopping Spree held in December for  
Mesa County Partners youth.



How does it work:  
Trainers will row 5 meters for every  
\$1.00 raised.

We'll be collecting donations  
throughout September.  
The Row-a-thon will take place on  
Thursday, October 10th at 12pm.  
Crossroads Fitness North Location

Last year, Crossroads was the sole sponsor  
for this meaningful event. Because of our  
fundraiser & generous members, we were  
able to sponsor over 30 local youth.  
These kids were able to get much needed  
items such as clothes for school  
& winter gear!

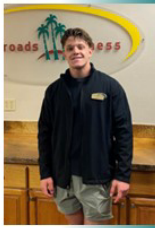


Ask a trainer or the front desk how to donate!

## Staff Testimony

### Kory Christensen

"I really like working at Crossroads because of the people I get to meet, especially all of the members who have been here since Crossroads opened. I love to visit with members and learn about their stories. Crossroads has a great atmosphere and I've been coming here since I was a kid. I graduate from CMU with my bachelors in December and hope to go to Northern Arizona for PT school and become a Physical Therapist, so it's fun working here while going to school."



### NEW PRODUCT LAUNCH!



## Electrolyte Powder

Formulated with a precise blend of Magnesium, Sodium, and Potassium to optimize hydration and performance, without any of the unnecessary additives!  
Made with Real Fruit Juice!



Now available! \$28

## New Classes Starting In September!

### North Location



Tuesdays @ 6:30am - Kick It w/ Robin  
Fridays @ 4:30pm F.A.C. w/ Kayla

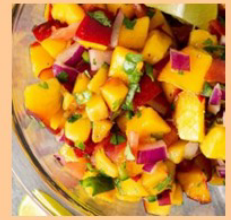


### Downtown Location

Saturdays @ 8:45am 30 Cycle/  
30 Tone w/ Brittany & Pam



## Fresh Peach Salsa



- 1 pound (450g) fresh ripe peaches, diced
- 1 large roma tomato, diced
- ¼ cup (30g) diced red onion
- ½ jalapeno, minced (seeds and membrane removed)
- 2 tablepoons minced cilantro
- juice of 1 lime
- salt and pepper to taste

### Directions

Combine all ingredients in a large bowl & chill.

*This Fresh Peach Salsa recipe is bursting with the flavor of summer. Full of peaches, red onion, jalapenos, lime, and tomatoes, it's perfect for eating with chips or on top of chicken, pork, or fish.*

## FOLLOW US!

@Crossroadsfitness\_gj



#Crossroadsfitness

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

[www.Crossroadsfitness.com](http://www.Crossroadsfitness.com)

## SEPTEMBER 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!