

What's going on at YOUR Club?

Member Referral

*Fall is here....
its sweatshirt time!*



Get your FREE zip-up sweatshirt when you refer a friend or family member for a membership to Crossroads Fitness!

HAVE YOU REGISTERED YET?



Crossroads Fitness is a proud sponsor of the 2017 Rocky Mountain Riverfront Walk!

Join us

Sunday, November 5th

10:00am

Riverfront Trail - 140 Power Road

Register online at www.crossroadsfitness.com or at the front desk!

Proceeds will benefit



of Western Colorado

New Workshops Starting SOON!

**Ski Conditioning Workshop!

This workshop will get your body ready for the snow!



We will be offering 2 different "blocks" for members to train for the upcoming ski season.
Downhill, Snow boarding,
Nordic/Cross Country.

RUNNING AND STRENGTH TRAINING WORKSHOP!

Karis Scroggs long distance runner and athlete will teach you the basics of running form and how to train for longer distance runs to prevent injury.



****Sign up at the front desk TODAY!**

IT'S BACK!

Business Card Contest!

Enter your business card to win healthy treats for your office!

Winner will also be our next featured Business of the month!

OCTOBER 1ST - 31ST

One Entry per member!

Free Seminar

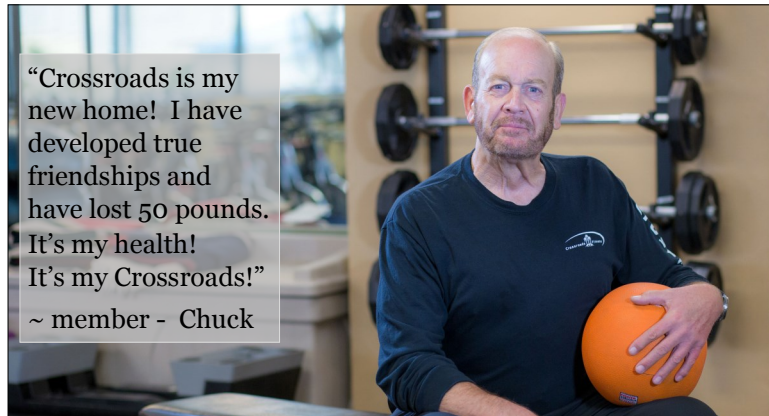
Secrets to Staying Healthy During the Holidays **Tuesday, October 24th @ 5pm ~ Airport Location**

What do you crave eating when the calendar nears the holiday seasons? This presentation will give you the tools to moderate the eggnog and suggestions and ideas to make even the most discerning holiday goer enjoy this special time without feeling as though they are missing out. By putting simple tips and practices into motion this holiday season you won't have to pay the price when it comes to your health this new year, allowing it to truly be a Happy New Year!



Presented by: David Vindiola, Certified Nutritionist

"Crossroads is my new home! I have developed true friendships and have lost 50 pounds. It's my health! It's my Crossroads!"
~ member - Chuck



SPECIAL EVENT!
CAN WE FIND THEM ALL?
CROSSROADS HIKE & WOOD
SCULPTURES HUNT!
Thursday, October 5th @ 9:30am

Don't Miss this free, fun event.

All members and their guests are invited!

Hike led by Jutta Solano,
Crossroads Fitness senior liaison

More information available at
the front desk!



Instructor Spotlight!

We would like to congratulate

ASHLEY LITTLE

instructor of the month!

Ashley teaches YOGA here at
Crossroads Fitness!

Join for one of her YOGA classes!



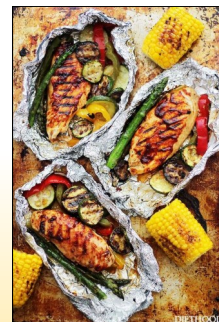
THE LEAVES ARE FALLING,
YOUR GRILL IS CALLING!

**Grilled Barbecue Chicken and Vegetables
in Foil Packet**

*Tender, flavorful chicken covered in sweet barbecue sauce
and cooked on the grill inside foil packs with zucchini, bell
peppers and asparagus.*

Ingredients:

- 8 aluminum foil sheets large enough to wrap around one chicken breast
- 4 (4-ounces each) boneless, skinless chicken breasts
- 1/2- cup barbecue sauce (use your favorite)
- 1 zucchini, sliced into thin rounds
- 1 red, green or yellow bell pepper, cut into thin strips
- 8 asparagus spears
- salt and fresh ground pepper, to taste
- extra virgin olive oil



Instructions:

Preheat the grill to medium-high heat. For each foil pack, prepare two sheets of aluminum foil; place the sheets one on top of the other for durability. Place one chicken breast on each stacked pair of foil sheets; season with salt and fresh ground pepper. Brush each chicken breast with 1 to 2 tablespoons barbecue sauce. Divide equally and arrange vegetables around each chicken breast; season with salt and pepper. Drizzle chicken and vegetables with little olive oil. Fold the sides of the foil over the chicken, covering completely; seal the packets closed. Transfer foil packets to the preheated grill rack and cook for 20 to 25 minutes, or until done, turning once. Chicken is done when thermometer reads 165 F. Allow the chicken to rest for a few minutes. Serve.

Stay Connected to Crossroads Fitness

www.crossroadsfitness.com



970-242-8746/970-241-7800



Crossroads Fitness



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Fall 2017 Club Hours

Airport Location:

Monday - Thursday	4:55am to 11:00pm
Friday	4:55 am to 10:00pm
Saturday	6:00am to 7:00pm
Sunday	8:00am to 7:00pm

Downtown Location:

Monday - Thursday	4:55am to 9:00pm
Friday	4:55am to 7:00pm
Saturday	8:00am to 4:00pm

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, 7:45am to 1:15pm
& 4:00pm to 8:00pm**

Friday, 7:45am to 1:15pm & 4:00pm to 7:00pm

Saturday, 9:00am to 1:15pm Sunday, Closed

Airport 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!