

What's going on at YOUR Club?

A FREE GIFT FOR YOU!

Breathe ~ Relax ~ Stretch
Receive this fitness mat with carrying case for referring a friend, family member or co-worker for a membership to Crossroads Fitness.
Mats come in fun colors!



It's almost over - Finish Strong!

Watch for final point totals & weight loss winners

T-shirts are available at the front desk!

Shamrock Senior Party

Join us Thursday, March 15th
1:30pm - 3:00pm - North Location
for a St. Patrick's Day PotLuck & New Member Welcome Party!



Remember to Wear Your Green
Everyone welcome - bring a friend!
Sign Up Sheet at the Front Desk!

Attention all SGT (Small Group Training) or Personal Training Members!



March 1st - April 15th!

** Receive 1 ticket for each SGT or Personal Training Session Attended!

** Receive 5 tickets if you bring a non-training member to class!

** Receive 10 tickets if your guest signs up for training!

Tickets will be entered in drawing for a chance to win a \$500 Gift Card!

Coming in April!

Easy Tai Chi / Qigong Workshop
w/ instructor Jill Whinery

Wednesdays 10:30am - 11:30am

Workshop starts April 4th!

North Location - Mind / Body Studio

Sign up at the front desk!



**"Success At Anything Will Always
Come Down To This: Focus &
Effort. And We Control Both!"**

Dwayne "The Rock" Johnson

Crossroads Fitness is remodeling the Pool area!!

March 20th - April 1st the pool area will be closed.

The pool and hot tub will receive a new surface at this time as well as some new upgrades.

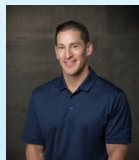
Crossroads has made arrangements to have Water Aerobics classes at the Residence Inn beginning March 20th 9:00am-10:00am Monday-Friday. All evening classes and family swim times will be postponed until the New pool is open on April 2nd. (see Modified schedule flyer for more info)



SPECIAL EVENT! **STRESS BUSTING FOODS**

Tuesday March 20th at 5:30 pm - North Location

Running on empty? Feeling frazzled, exhausted and burned out? You can reduce your stress levels using nutrition. Discover how to achieve consistent energy and moods throughout the day. Learn which foods support brain health and which minerals and nutrients are depleted during times of stress. Develop your personal stress reduction plan to gain the upper hand on stress!



Seminar presented by:
David Vindiola, Certified Nutritionist

**Free Seminar - Bring a guest!*

COME LEARN ABOUT **THE FOUR DESIRES RETREATS**

Are you ready for a transformational retreat experience? Do you crave more time in nature or more time for personal reflection? When was the last time you invested in yourself? Come hear testimonials, ask questions, and place yourself on the road for change.

Tuesday, March 6th 12:00pm - 1:00pm

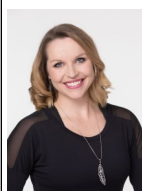
North Location

Taught by Mirella Garigen



Instructor Spotlight

We would like to congratulate Kelley Griffin
for being the Crossroads Fitness
Instructor of the Month! Join Kelley in
one of her spin classes!



Congratulations Kelley!

Crossroads Fitness Welcomes **WESTERN FILAMENT**

as the Business of the Month for March!

If you are interested in having your business be a part of our workplace wellness program, please contact us today!

Pesto Zucchini Noodles with **Roasted Tomatoes & Grilled Chicken**

A light and tasty summery zucchini noodle pasta tossed in fresh basil pesto with roasted tomatoes & grilled chicken.

Ingredients:

- 1 pint cherry tomatoes, cut in half
- 1 tablespoon oil
- Salt and pepper to taste
- 1 pound boneless skinless chicken breasts
- Salt and pepper to taste
- 4 medium zucchini, sliced into noodles
- 1/2 cup basil pesto



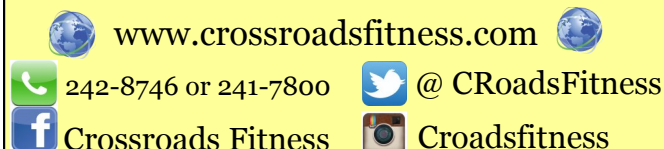
Directions:

Toss the tomatoes in the oil, salt and pepper, place on a baking sheet in a single layer and roast in a preheated 400F oven until they start to caramelize, about 10-15 minutes. Meanwhile, season the chicken with salt and pepper to taste, grill it over medium-high heat, about 3-5 minutes per side, before setting aside to rest and slicing it. Add the zucchini noodles to the pan and cook until just tender, about 1-2 minutes, stirring. Toss the zucchini noodles, tomatoes and chicken in the pesto & enjoy!

Prep Time: 10 minutes **Cook Time:** 15 minutes

Total Time: 25 minutes **Servings:** 4

Stay Connected to Crossroads Fitness



Spring 2018 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!