

What's going on at YOUR Club?

Member Referral

On-The-Go Charging Kit

- * The perfect Techie Gift
- * Charging cable kit is perfect for traveling and for the on-the-go person!
- * Includes charging cables, wall charger, & car charger – all in a convenient zippered pouch!



Refer a friend, family member or co-worker to your club and *get one for free!*



The staff at Crossroads Fitness would like to wish you a very Merry Christmas! We would like to thank you for choosing Crossroads Fitness and spending your time with us! Have a safe & happy holiday season!



Get Ready for the **ALL NEW** 2018 Best You Challenge!



- 6 Week Challenge
- Free for Members
- Individual Challenge
- Weight Loss Option
- Prizes for Each Level

Registration begins December 26th!
Challenge starts January 8th!

12 DAYS OF FITNESS DEALS

VIEW THE DAILY DEALS IN THE CLUB,
IN YOUR E MAIL & ON FACEBOOK.

BEGINS DECEMBER 4TH!



HOLIDAY HOURS

CHRISTMAS EVE - SUNDAY, DEC. 24TH

Both Locations: Closed

CHRISTMAS DAY - MONDAY, DEC. 25TH

Both Locations: Closed

TUESDAY, DEC. 26TH

Airport Location: 7:45am - 11:00pm

Downtown Location: 7:45am - 9:00pm

Regular Group Exercise Schedule after 7:45am

Regular Kids Club Hours

NEW YEARS EVE - SUNDAY, DEC. 31ST

Airport Location: 8:00am - :00pm

Kids Club: Closed

Downtown Location: Closed

NEW YEARS DAY - MONDAY, JAN 1ST

Airport Location: 8:00am - 7:00pm

Kids Club: Closed

Downtown Location: Closed

December is **FREE GUEST MONTH!**

Your guests may join you in your workout the month of December for free!

*Member must accompany guests





Break through the **STRESS**



Find the Power in **FOOD!**

Tuesday, December 19th @ 5:30pm

Airport Location

Feeling frazzled, exhausted and burned out? You can reduce your stress levels using nutrition. Learn which foods support brain health and which minerals and nutrients are depleted during times of stress.



Presented by certified nutritionist
David Vindiola

APPLE BRIE SALAD

This Apple Brie Salad combines the crispness of apples with the creaminess of Brie cheese in a delicious salad that's perfect for winter!

Ingredients:

- 1 bag 5-6 oz. mixed greens
- 4 oz. brie cheese cut into 1 inch pieces
- 1 large apple cut into 1 inch pieces
- 1/2 c. pecans
- 1/2 c. dried cranberries
- 4 green onions chopped



For dressing:

- 1/3 c. olive oil
- 1/3 c. [apple cider](#) vinegar
- 1 Tbsp. apple cider
- 1 1/2 Tbsp. honey
- 1/4 tsp. pepper
- 1/4 tsp. ginger

Instructions:

Prepare salad by layering ingredients in a large salad bowl. Prepare dressing by combining all ingredients and shaking vigorously. Drizzle dressing over salad.

Make gift giving easy with Crossroads Fitness!
Give The Gift of Health ~ Crossroads Fitness Gift Cards!



Gift Cards good for:

- *Memberships *Crossroads Apparel
- *Personal Training & Much More

You choose the amount!

Instructor Spotlight

We would like to congratulate **Brian Sommerville** for being the Crossroads Fitness Instructor of the Month! Join Brian for one of his Insanity classes!
Congratulations Brian!



Stay Connected to Crossroads Fitness

www.crossroadsfitness.com

970-242-8746/241-7800 Croadsfitness

Crossroads Fitness @CRoadsFitness

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

Crossroads Fitness Welcomes
Abstract & Title Co.
as the Business of the Month for December!



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

Winter 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!