



# 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

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. 24™

Both Locations: Closed

CHRISTMAS DAY - MONDAY, DEC. 25<sup>™</sup>

Both Locations: Closed

#### TUESDAY, DEC. 26<sup>™</sup>

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. 31<sup>st</sup>

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

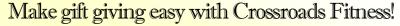


# Find the Power in FOOD!

#### 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



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!



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!

## 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

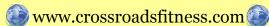
1/4 tsp. pepper

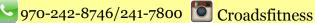
1/4 tsp. ginger

#### **Instructions:**

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

# Stay Connected to Crossroads Fitness







Crossroads Fitness





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

## 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!