

## What's going on at YOUR Club?

### Member's Favorite Referral!

### Want FREE Dues?



Refer a friend, family member or co-worker for membership to Crossroads Fitness and YOU receive a

**FREE MONTH OF DUES!**

### Sweetheart Training Special



Two people can workout for the price of one!

Buy personal training of SGT (Small Group Training) in February & you may have one person work out with you for FREE!

Sessions must be purchased & started in February. Training sessions are for the same date / time. Current training clients may bring someone free - free person may not be a current training client.

### SPECIAL WEIGHT LOSS SEMINAR SERIES

- FIVE STEPS TO BOOST METABOLISM**

February 6<sup>th</sup> 5:00pm - 6:00pm

- EATING FOR IMPROVED ENERGY**

February 6<sup>th</sup> 6:00pm - 7:00pm &  
February 20<sup>th</sup> 5:00pm - 6:00pm

Seminars presented by:  
David Vindiola, Certified Nutritionist



All seminars will be held at the Airport Location

*\*Free - Bring a guest!*

*\*\*Plus get points for The Best You Challenge!*

### Keep Up The Good Work!



\*\* See the wall for featured classes each week to earn double points!

\*\* Attend a free seminar or trainer demo for an extra 10 points.

\*\* Watch trainer videos online at [www.crossroadsfitness.com](http://www.crossroadsfitness.com)

For those who reach the highest point level t-shirts will be available at the completion of the challenge.

### 70's & 80's Party

### 70's - 80's Valentines Dance Party w/ Tina

*\*Wednesday, February 14th @ 10:15am  
Airport Location*

OR

*\*Friday, February 16th @ 9:15  
Downtown Location*

Costume Contest ~ Dress in your best 70's & 80's attire. Bring a special friend as part of your Valentine's Day Fun.



Please join specialists from Metabolic Research Center for a special informational seminar!

Testing hormones can help to reveal undetected imbalances that may sabotage your health and weight loss efforts.

### Free Seminars:

- Tuesday, February 20th @ 9:30am
- Tuesday, February 27th @ 5:15pm

Both seminars will be held at the airport location

## COMING IN MARCH!

### **30 Minute Balance & Strength** **Senior Training Class!**

**Tuesday and Thursdays @ 11:00am**  
**Class taught by certified personal trainer,**  
**Amber Dalley**



**SPACE IS LIMITED.**  
**SIGN UP TODAY AND GET YOUR**  
**FIRST 2 WEEKS FREE!**

### **Instructor Spotlight!**

We would like to congratulate **Kelsey Stanley** for being the Crossroads Fitness instructor of the month! Join Kelsey for one of her Spintertainment or Group Cycling classes!

***Congratulations Kelsey!***



### **Martial Arts at Crossroads Fitness!**

#### **Kuk Sool Won™**

is a systematic study of all of the traditional fighting arts, which together comprise the martial arts history of Korea. As a martial arts system, Kuk Sool Won™ is extremely well-organized; and seeks to integrate and explore the entire spectrum of established Asian fighting arts and body conditioning techniques, as well as mental development and traditional weapons training.

Class meets every Wednesday from 7:00-8:30pm at the North Location. For more information contact  
Dennis Phelps (303) 815-7842.



## **Fix-and-Forget White Chili**

### INGREDIENTS:

- 12 ounces boneless, skinless chicken breast halves, cubed
- 2 15 to 16-ounce cans Great Northern beans or navy beans, rinsed and drained
- 1 (4 ounce) can diced green chiles, undrained
- 1 large onion, chopped
- 2½ cups reduced-sodium chicken broth
- 1½ teaspoons cumin seeds
- 1½ teaspoons bottled minced garlic (3 cloves)
- ¼ to ½ teaspoon cayenne pepper
- ⅛ teaspoon ground black pepper
- Light dairy sour cream (optional)
- Avocado slices (optional)
- Fresh thyme sprigs (optional)



### DIRECTIONS:

In a large skillet, cook chicken in hot oil just until lightly browned. Place beans in a 3- ½- to 4-quart slow cooker; mash slightly with a potato masher. Add chicken to slow cooker. Stir undrained chile peppers, onion, chicken broth, cumin seeds, garlic, cayenne pepper, and black pepper into mixture in slow cooker. Cover and cook on low-heat setting for 7 to 8 hours or on high-heat setting for 3- ½ to 4 hours. If desired, serve with sour cream and avocado. If desired, garnish with thyme sprigs.

### **Stay Connected to** **Crossroads Fitness**



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



970-242-8746/241-7800



Croadsfitness



Crossroads Fitness



@CRoadsFitness



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

## **Winter 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 of 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!