

What's going on at YOUR Club?



Back by popular demand



**Nothing says
"SUMMER"
Better than a COOLER!**

PLUS...
ALL July referrals will be entered into a drawing to win a **\$100 Natural Grocers Gift Certificate** to fill your cooler with healthy summer snacks!



This is our thank you gift to you for referring your family & friends for a membership in July to Crossroads Fitness!

*Thank you Crossroads members for bringing your guests to Group Fitness Classes in June for the **PASS TO CLASS!***

The winner of the *Fitbit* will be announced on Friday, July 6th!



HEALTHY FAMILY SPECIAL

Add a family member to your membership **\$0 enrollment & 1st month FREE!**



See front desk for details



HAPPY 4TH OF JULY!



Wednesday, July 4th

Airport Location: 7:00am - 5:00pm

Downtown Location: Closed

Kids Club: Closed

We will not be offering any Group Exercise Classes

Have a safe and happy 4th of July!

Get PUMPED with  **GNARLY**



- Pre-workout supplement to give you the extra PUMP you need to get through those tough workouts!
- Keep burning calories *after* workout is complete!
- Make the most of your *rest* and *recovery* phase!

Sold at both Crossroads locations!

Coming Soon!

New Pro-shop Items!

Free Nutrition Seminar!

Sports Nutrition For Any Sport

This presentation will examine the importance of feeding the body to perform and will teach you how to recover from intense training and competition.

**Presented by: David Vindiola
Certified Nutritionist**

Tuesday, July 17th @ 5:00pm

North Location

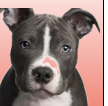


UPCOMING AUGUST EVENT!

Roice Hurst Humane Society & Crossroads Fitness are hosting a **Pet Food Drive!**

Members can bring in pet food to either location!

Starting the week of August 6th!



**SUMMER 2018
FARMER'S MARKETS!**



***DOWNTOWN GRAND JUNCTION
THURSDAY EVENINGS 5:30PM - 8:30PM**

***FRUITA - CIVIC CENTER PARK
SATURDAYS 8:30AM - 12:30PM**

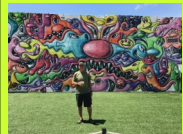
***PALISADE - DOWNTOWN PALISADE
SUNDAYS 9:30AM - 1:30PM**

GET LOCAL & FRESH PRODUCE

Crossroads Success Story!

Sam Baldwin

I have been in Crossroads Fitness small group training with Amber for a little over one year. During this period, I have dropped over 40 pounds and trimmed my body fat considerably. When I run into friends that I haven't seen for a while, they ask if I'm OK due to the physical changes I have made with weight loss. I reply that I'm actually in the best shape of my life and I credit all of this to the personal training three times a week. I not only look much better, but feel so much better as well. I finally have a



bounce back in my step at 66 years old! I can now hike for 6-7 hours, mountain bike and downhill ski without wimping out!



Instructor Spotlight!

We would like to congratulate Randy Sousea as the instructor of the month! He teaches aquatic fitness & Silver Sneakers here at Crossroads Fitness! Join Randy for one of his amazing classes!



Congratulations Randy!

FREE DEMO CLASSES

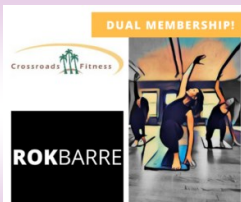
RokBarre Fitness Demo Class

Wednesday July 11 @ 4:30pm

Thursday July 12 @ 9:15am

AIRPORT LOCATION!

RokBarre Fitness Demo Classes were such a HIT in June we are bringing them back again for JULY!



Crossroads Fitness Welcomes



as the Business of the Month for July!

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

CARIBBEAN WHITE FISH WITH MANGO-ORANGE RELISH

Ingredients



- 1 mango, peeled & chopped
- 2 oranges, peeled & sectioned
- 1/2 cup red sweet pepper
- 1/3 cup orange juice
- 2 TBSP dry white wine
- 1 TBSP snipped fresh cilantro
- 2.5 lbs white fish 1/2 inch thick
- 2/3 cup flour
- 2 TSP ground cardamom
- 1/4 cup butter
- Snipped chives






Directions

1. Relish- combine mango, oranges, sweet pepper, orange juice, wine & cilantro
2. On a sheet of wax paper in a shallow dish combine flour and cardamom. Coat both sides of fish fillet with mixture. Shake off excess flour.
3. Melt 2 TBSP of butter in a skillet then add 2-3 fish fillets to hot skillet. Cook over medium heat for 2-4 minutes each side. Fish flakes easily when fully cooked.
4. Serve fish topped with the mango/ orange relish!


Stay Connected to Crossroads Fitness

 www.crossroadsfitness.com 

 970-242-8746 / 970-241-7800 

 Crossroads Fitness

 @ CRoadsFitness

 Croadsfitness

Summer 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!