



**August  
2025**

## What's going on at YOUR Club?

### AUGUST REFERRAL

Refer a **NEW** member  
to Crossroads Fitness  
in August  
& you will get a  
40oz Malibu Mug!



Perfect for on the go!  
Stay hydrated all the time with these  
awesome mugs!

1st & 2nd family members only!

### Class Updates

**NEW AFL  
Class**  
Wednesdays  
at 10:00am  
with Brittany

**Dance Fusion  
Time Change**  
Thursdays at  
5:45pm  
with Ellie

*North Location*

**Best of luck to all students and teachers!**

Crossroads Fitness wishes you  
a wonderful start to the new  
school year  
& a successful year ahead!



### FAMILY SPECIAL!



Family members  
may join for **FREE**  
in August and their  
first month is **FREE!**  
Also, the referring  
member will receive  
a referral gift!

### Instructor Spotlight!

We would like to congratulate

**Daun King**



as the Instructor Of The Month!

Join Daun for one of her amazing classes!

Tuesdays: Sweat & Sculpt at 11:15am &  
Bootcamp at 12:15pm

Fridays: Group Cycling at 10:15am  
at the North Location.

***Congratulations Daun!***

### AUGUST TRAINING SPECIAL!

*New Clients Only!*

Purchase Small Group Training  
or a Personal Training package in August  
& you will get a **FREE Integral Wellness**  
*Supplement of your choice!*

Choose from...

Protein,  
Pre-workout,  
Creatine &  
Vitamins!



## Client Testimony Jessica Weidner

I've been physically active off and on my whole life. In my 40s, I exercised less and ate a lot more unhealthy foods. I reached 230 pounds and felt miserable, both physically and mentally. I missed feeling strong and energetic, but I didn't know how to start again. I felt stuck. I hadn't set foot inside a gym in a decade. I was insecure, and afraid of being judged. Joining Crossroads was a game changer. I started personal training in a small group three times per week. The staff and other members have been accepting and supportive. I never once felt judged, as

I had feared for so long. Group training has provided accountability and new friendships. I have learned so many new exercise techniques that I've never tried before. The transformation I've experienced inside and out has been life changing. I've lost 65 pounds and I'm stronger than I was 20 years ago. My blood pressure has decreased and my hips and back no longer ache. I wake up ready to move and excited to grow stronger and healthier. I truly believe that I could not have achieved these goals without the support and encouragement of my trainer,

Breezy, my group, and the amazing staff at Crossroads.  
I cannot thank you all enough!

- Jessica Weidner



## Crossroads Fitness Welcomes



**As the business  
of the month for August!**

## Labor Day 2025 Monday, September 1st

**North Location OPEN**  
**7:00am - 7:00pm**  
**Downtown Location CLOSED**  
**Kids Club CLOSED**

### Almond-Chia Energy Bites

**1/2 cup** almond butter  
**1/4 cup** pure maple syrup  
**1 Tbsp.** chia seeds  
**1/2 tsp.** pure vanilla extract  
Kosher salt  
**1 cup** old-fashioned oats, toasted  
**1/2 cup** bittersweet chocolate chips



In medium bowl, stir together almond butter, maple syrup, chia seeds, vanilla extract, and a pinch of salt; fold in oats, then chocolate chips. Refrigerate 30 minutes. Shape mixture into 1 inch balls. Store in air tight container in refrigerator.

*These tasty treats pack in a sweet (healthy!) surprise — they're made with tons of super nutritious ingredients, like chia seeds.*

## August 2025 Club Hours

### North Location:

**Monday - Friday** 4:55am to 10:00pm  
**Saturday-Sunday** 8:00am to 7:00pm

### Downtown Location:

**Monday - Thursday** 5:30am - 8:00pm  
**Friday** 5:30am - 7:00pm  
**Saturday** 8:00am—2:00pm

### 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** 8:00am to 1:15pm  
& 4:00pm to 6:45pm  
**Friday** 8:00am to 1:15pm  
**Saturday** 9:00am to 12:15pm  
**Sunday, Closed**

**North 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!