



## What's going on at YOUR Club?

 Congratulations to all of the **BEST YOU CHALLENGE PARTICIPANTS!**

The challenge will end March 10th.  
*Don't forget to log your points!*



T-shirts for LEVEL 3 winners will be here by St. Patty's Day! 

**Member Success Story**  
**Dale Lyons**

Dale went to Cancun in January of 2023 and saw pictures of himself, which was finally the motivation he needed to get the weight off once and for all. He joined Crossroads and began his journey with getting healthy. Getting to the gym was never his issue, but knowing what to do once he got there was where he struggled. The team at Crossroads set him up with small group training with Tina and he quickly realized he really loved the atmosphere and instruction that came with training. After his training was over he started taking classes and started loving BodyPump and BodyBalance.

"Robin has been an awesome instructor to take classes from. She really makes me feel motivated, challenges us and makes the classes so fun!" After going to the gym 4 days per week for about 8 months he had hit a plateau. Going to the gym was making him healthier and gave him more energy, but the weight was not coming off. He decided to join Metabolic Research Center and since starting, he has lost 60lbs and over 39 inches!

"I am so much more energetic. I can now do the treadmill for an hour at an incline of 15. I am doing Bodypump with hardly any breaks and I feel awesome! I have more confidence in my appearance and I plan to keep improving my health and fitness! Thank you Crossroads for all your help and guidance!"

**MARCH MADNESS REFERRAL GIFT!**

 **1 MONTH FREE**

is a ***Slam Dunk!***

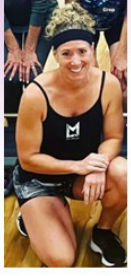
Just refer a friend for a membership to Crossroads Fitness in March and you will receive a **FREE Month Of Dues!**

**1st & 2nd family members only!**

**Instructor Spotlight**

Help us congratulate **Andrea Minnick** as the **Instructor Of The Month** for March.

**Andrea teaches**  
**Cardio Chisel Mondays at 12:15pm,**  
**Bodypump Wednesdays at 12:15pm & Fridays at 9:00am all at the North Location!**  
**She also subs BodyBalance!**  
Join her for one of her amazing classes soon!  
***Congratulations Andrea!***



**EASTER SUNDAY, March 31st**  
**North Location OPEN**  
**8:00am-2:00pm**  
***No Family Swim or Classes***

**Happy Easter!**





### Cranberry-Almond Broccoli Salad

- 1/4 cup finely chopped red onion
- 1/3 cup canola mayonnaise
- 3 Tbsp Greek Yogurt
- 1 Tbsp apple cider vinegar
- 1 Tbsp honey
- 1/4 tsp salt
- 1/4 tsp freshly ground black pepper
- 4 cups coarsely chopped broccoli florets
- 1/3 cups slivered almonds
- 1/3 cup dried cranberries
- 4 pieces of cooked bacon crumbled



Combine mayonnaise, yogurt, vinegar, honey, salt and pepper, stirring well with a whisk. Stir in onion, broccoli, almonds, dried cranberries and bacon. Cover and chill 1 hour before serving.

### Friendly Reminder

Please remember to use proper gym etiquette!

- Share equipment – Not sweat! Always wipe down and put away equipment when finished.
- Closed toe shoes are required in weight room.
- Take your rest time off of the machines so others can work in.
- Use proper technique to avoid injury. If you need help, please ask for a trainer consultation!
- Don't cause an earthquake! Avoid dropping heavy weights.
- Treat others how you'd like to be treated. Kindness goes a long way!

*Thank you for making Crossroads the BEST Health Club!*

## GROUP FITNESS CLASSES

Why should you take Group Fitness Classes?

Here is what some of our members & instructors have to say about why they LOVE classes.

"I really enjoy the benefits from taking group classes versus working out on my own because I don't have to program my own workouts and the group setting encourages me to work harder and be more consistent. It's so amazing to be able to just show up and get a great workout in, in such a fun and uplifting environment"

- Maria (member)



"I love the camaraderie, music, competition, education, motivation & creativity that comes with teaching classes. Being able to workout with so many friends at once is amazing! They motivate me (I hope) as much as I do them."

- Andrea Minnick (instructor)

"For me, it's more than just teaching aerobics. It's an hour out of the day that people take to spend on themselves and their fitness journey and I'm honored and humbled that I get to be a part of their journey. It's more like Group Therapy for me! I absolutely love being a part of this Fitness Family"

-Jeni Morrill ((instructor)



*FOLLOW US!*

@Crossroadsfitness\_gj

#Crossroadsfitness



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

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

## March 2024 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:

**Friday** 6:30pm to 8:30pm

**Saturday & Sunday** 12:00pm to 2:00pm

*\*Ask about our private swim lessons too!*



### 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

**North Club:**  
2768 Compass Drive  
(Off Horizon Drive)  
242-8746

**Downtown Club:**  
225 N. 5th St, #18  
(Alpine Bank Bldg)  
241-7800