

What's going on at YOUR Club?

Member Referral

Fall is here....

Get **FREE** Crossroads Fitness Apparel when you refer a friend or family member to your club in October!



Get your choice of a *sweatshirt, beanie or long sleeve shirt!*



Kids Club Special

Kids Club Unlimited Visit Membership Options:

\$24/month 1st child

\$9/month 2nd child

\$5/month each additional child

Month to Month option—\$27.50 to start!

1 -Year agreement— **FREE** to get started!

Refer a friend to Kids Club & get a month free!



Business Card Contest!

IT'S BACK!

OCTOBER 1ST - 31ST

Enter your business card to win healthy treats for your office! Winner will also be our next featured Business of the Month !

One Entry per member!

Staying Healthy During the Holidays

Tuesday, October 16th @ 5:30 pm
FREE SEMINAR— BRING A FRIEND!

North Location

This presentation will give you the tools to moderate the sweets and treats throughout the upcoming holidays. By putting simple tips and practices into motion this holiday season, you won't have to pay the price when it come to your health!

Presented by:

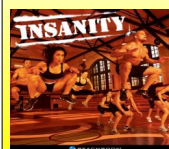
David Vindiola, Certified Nutritionist



Super Saturday OCTOBER 6TH

New Insanity® Round 33 @ 9:00am
BodyPump® Release 107 @ 10:00am
BodyFlow® Release 82 @ 11:15 am

North Location



Crossroads Inspirational Member

Kristine Combs

Crossroads Fitness member of 13 years, Kristine, has been battling stage 4 breast cancer for 4 years! She says that coming to classes like Chisel and Pilates keeps her love for life going. Kristine enjoys the welcoming atmosphere at Crossroads and loves that she has made a wonderful, supportive group of friends through the gym!

Read her full story at
<https://crossroadsfitness.com/success-stories-testimonials>



Crossroads Fitness Welcomes



as the Business of the Month October!

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

Instructor Spotlight!



We would like to congratulate **Rose Watts** as the instructor of the month! Rose teaches *Cardio Chisel* & is a Certified Personal Trainer at Crossroads! Join Rose for one of her classes! **Congratulations Rose!**

October Recipe

Cinnamon Baked Pumpkin

Ingredients

- ¼ cup packed brown sugar
- 1 teaspoon ground cinnamon
- ½ teaspoon salt
- 3 pounds baking pumpkin or winter squash (butternut or acorn), peeled, seeded,
- 2 tablespoons peanut oil, cooking oil,



Per serving: 106 cal; 3 g fat; 20 g carbs; 1 g

Directions

1. Preheat oven to 325°F. Line a 3-quart rectangular baking dish with foil. In a small bowl, stir together brown sugar, cinnamon, and salt; set aside.
2. In prepared 3-quart rectangular baking dish toss pumpkin with oil. Sprinkle brown sugar mixture evenly over pumpkin.
3. Pour into baking dish & bake, covered with foil for 40 minutes.
4. Uncover and stir pumpkin. Bake, uncovered, about 15 minutes more or until pumpkin is tender. Makes 10 (¾-cup) servings.
5. Cut into slices and serve warm.

Did you know that Crossroads Fitness offers

WORKPLACE WELLNESS?

This program offers employees:

- ✓ Discounted memberships
- ✓ Incentives
- ✓ Happy Employees

Creating a
HEALTHY
Workplace

For more info go to [Crossroadsfitness.com/workplace-wellness](https://crossroadsfitness.com/workplace-wellness)

Stay Connected to Crossroads Fitness

www.crossroadsfitness.com

970-242-8746/970-241-7800

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Fall 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!