



**OCTOBER
2025**

What's going on at YOUR Club?

October Referral Gift



Refer a NEW member
to Crossroads in
October & you will get a
Crossroads Fitness Gift!



CHOOSE ONE



This is our way to say THANK YOU for sharing your club with
a NEW member! Referrals are the best way to show your
support for us!
1st & 2nd family members only.

Join us for a SENIOR SOCIAL

Games, Raffle prizes,
Food & Friendship!



**FRIDAY,
10/24
1:45PM
NORTH
LOCATION**

*In place of Silver Sneakers
class - no class that day.*

Beverages will be provided.
Please bring a snack or
appetizer to share.

All Crossroads senior members are invited.
Bring a guest for FREE!



3rd ANNUAL ROW-A-THON

Crossroads Fitness Training Staff will be
hosting a Row-a-thon fundraiser for
Mesa County Partners.

All proceeds will sponsor the
Kohls Shopping Spree held in December for
Mesa County Partners youth.



How does it work:

Trainers will row 5 meters for every
\$1.00 raised.

We'll be collecting donations
throughout October.

The Row-a-thon will take place on
Thursday, November 13th at 12pm.
Crossroads Fitness North Location

For a few years, Crossroads has been the
sole sponsor for this meaningful event.
Because of our fundraiser & generous
members, we have been able to sponsor
over 30 local kids every year.
These kids were able to get much
needed items such as clothes for school
& winter gear!



Ask a trainer or the front desk how to donate!

DEADLIFT CLINIC

Curious about the
Deadlift?

Trying to improve or
just looking for a new
exercise?



This 6-week class will
teach the fundamentals of this complex lift,
while focusing on proper spinal alignment to
protect your back.

October 6th - November 12th **\$149**
Mondays & Wednesdays

@ 5:00pm

North Location

Taught by Certified Personal Trainer,
Anson Hogan.



Register at the front desk.

Crossroads Fitness Staff Pumpkin Carving Contest 2025

Staff pumpkins will be judged the week of October 27th

Vote for your favorite pumpkin!

Winner will be announced

Friday the 31st!



Instructor Spotlight

We would like to Congratulate
BRIAN SOMERVILLE
as the Instructor of the Month
for October!

Join Brian for one of his
SH1FT Classes! Tuesdays at
5:45pm or Saturdays at 10:15am
Congratulations Brian!

Workplace Wellness for YOUR Business!



This program offers discounts,
wellness seminars and incentives!
Ask us how!

Group Fitness Goes Pink

October is
**Breast Cancer
Awareness Month.**

Please join our
Crossroads Group
Fitness Instructors and
wear **PINK** to classes all
month!

When you wear pink to class, you
get entered into a drawing for a
prize! We will draw
winners weekly!



Halloween Dance Parties!

Monday 10/27 @ 7:00pm
North Location

Tuesday 10/28 @ 8:00am
Downtown Location

Wednesday 10/29 @ 10:15am & 7:00pm

Friday 10/31 @ 12:15pm
North Location

Bring a guest for FREE!

Join The Optional

Costume Contest!

Prizes for 1st & 2nd place!



OCTOBER 2025 CLUB



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 Dr
(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!