

## What's going on at YOUR Club?



### SEPTEMBER MEMBER REFERRAL GIFT

Trainer Amber Dalley models this super cool backpack with two large compartments and water bottle holder!

**GET YOURS FREE**  
when you refer a friend or family member to Crossroads Fitness!

### Introducing The Member Portal

- See your visits
- Pay your bill online
- View your statements
- Connect with your club anytime
- Update membership information



It's SO easy! Just go to:  
[crossroadsfitness.com](http://crossroadsfitness.com)  
select Member Login &  
follow directions!

We must have your email  
to link to your account to get started!

### September is National YOGA Month!



Bring a guest for **FREE** to a Crossroads Yoga class during the month of September!



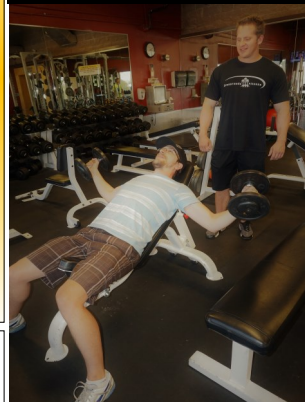
**Give it a try!**



Buy a Gnarly Nalgene Bottle for \$15 or a Gnarly Shaker Bottle for \$14 and receive product samples for **FREE!**

**While supplies last.**

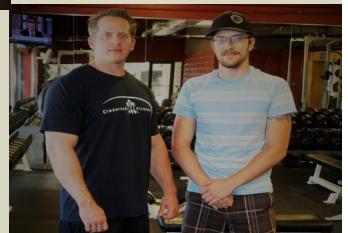
### Another Inspiring Crossroads Success Story



"So far in the 5 months I have been working out at Crossroads and training with John, I have put on 40 lbs. & a lot of muscle. Not only has this physical transformation been incredible for my confidence, but my co-workers and friends have seen me transform into a better person!"

~ Dan Richardson

To read Dan's complete story and other Crossroads member's success stories visit  
[crossroadsfitness.com/success-stories-testimonials](http://crossroadsfitness.com/success-stories-testimonials)



## Instructor Spotlight!

We would like to congratulate NIKI FITZGERALD for being the instructor of the month!

Niki teaches YOGA here at Crossroads Fitness!

Join her for one of her classes!

***Congratulations Niki!***



### Tell us about it!!

Write a review about Crossroads Fitness! Tell us what you love about your club and why you come here. Just go to your favorite search engine, write a review & bring us a copy!



You will be able to pick a Crossroads gift!  
or Share a photo or video to the Crossroads Facebook page or Instagram & also get a gift!

## Recipe of the Month! BREAKFAST EGG MUFFINS

### Ingredients

Cooking spray

6 eggs

Salt and pepper to taste

1/2 cup cooked chopped spinach (excess water removed)

1/3 cup crumbled cooked bacon

1/3 cup shredded cheddar cheese

### Directions

1. Preheat oven to 375 degrees.
2. Coat 6 cups of a muffin tin with cooking spray
3. Crack eggs into mixing bowl. Whisk eggs until smooth
4. Add spinach, bacon and cheese to egg mixture. Stir to combine
5. Divide egg mixture evenly into the muffin cups.
6. Bake for 15-18 minutes or until eggs are set.
7. Serve or refrigerate until ready to eat.

Calories - 129

Total Fat - 10g

Protein - 10g



THE DAILY  
**SENTINEL**  
GRAND JUNCTION, COLORADO

Check out a tablet at the front desk!

**App NOW available at Crossroads!**

Download the app from the app store or play store!



## Crossroads Fitness Welcomes



as the Business of the Month for September!  
If you are interested in having your business be a part of our workplace wellness program, please contact us.

### Stay Connected to Crossroads Fitness

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

970-242-8746/970-241-7800

Crossroads Fitness

@CRoadsFitness Croadsfitness

## Summer/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!