

# Crossroads Connection



**APRIL  
2024**

## What's going on at YOUR Club?

### APRIL REFERRAL

REFER  
A NEW MEMBER  
TO CROSSROADS  
IN APRIL & YOU  
WILL GET  
**1 MONTH FREE!**

BE STRONG, BE FIT,  
& BE HEALTHY  
WITH US



THIS IS OUR WAY TO  
SAY  
THANK YOU  
FOR REFERRING A  
NEW MEMBER TO  
YOUR CLUB!



Nominate your favorite  
local businesses for  
**Best Of The West 2024!**



We would LOVE your nomination for  
**Best Health Club 2024!**  
Nominations begin April 10th-30th

Crossroads Fitness Member Testimony  
**Milinda Shurtleff**

“For as long as I can remember, I have always struggled with my weight. I moved to CO from TX in 2017 and joined Crossroads because it was across the street from my job. I began my journey with SGT & soon after found my niche with Group Fitness Classes. I never considered myself a “gym rat”, but I am here 5 days per week and I love that this is now my gym family! The instructors are so supportive and make the classes so fun! I can’t imagine my health journey without Crossroads! Since getting surgery in 2010, I have lost 150lbs, but I have gained my life back and made new friends at Crossroads. I will always maintain this health & fitness lifestyle so I can grow old and watch my grandkids grow up!”

### LES MILLS LAUNCHES!

Join our amazing team of Instructors for these  
NEW RELEASES at the North Location!  
New Music! New Workout!  
New Challenges!

BodyBalance 103 Launch  
Saturday, April 13th  
@ 11:15am



BodyPump 128 Launch  
Friday, April 19th  
@ 9:00am



### FREE GUEST MONTH!



Bring a guest with you to Crossroads for  
FREE in April!  
If they join, you BOTH get a MONTH FOR FREE!

### Kids Club Appreciation Week April 22nd - 27th



Every day kids will have prizes, snacks  
and activities!  
Thank you for trusting Kids Club  
with your little ones!



## Instructor Spotlight

We would like to congratulate

Cori Ward

as the Instructor of the Month for April!  
Join Cori in her ROKBarre Class  
at the Downtown Location on  
Wednesdays at 6:00am!

*Congratulations Cori*

### *Exciting News...*

**Crossroads Fitness App coming soon!**



With the app  
you will be able to

- view/edit personal information
- view statements
- view check-in history
- view current training packages and purchase new packages
- view schedules/ important club info & much more!

## Asian Chicken Lettuce Boats

- 2 teaspoons vegetable oil
- 1 pound ground chicken
- 5 ounces shiitake mushrooms stems discarded, caps finely diced
- 1/2 cup onion finely diced
- 8 ounce can water chestnuts drained and finely diced
- 1 1/2 teaspoons minced garlic
- 1 teaspoon minced ginger
- salt and pepper to taste
- 5 tablespoons hoisin sauce
- 2 tablespoons soy sauce
- 2 tablespoons rice vinegar
- 2 teaspoons sesame oil
- 1/3 cup sliced green onions
- 1 head butter lettuce leaves separated



Heat oil in a pan over medium heat. Add the chicken and season with salt and pepper to taste. Cook the chicken until mostly cooked through. Add the mushrooms and onion to the pan. Cook for 5 minutes or until soft. Stir in chestnuts, garlic and ginger. Cook for 1 more minute. In a small bowl whisk together hoisin sauce, soy sauce, rice vinegar and sesame oil. Pour over the chicken and toss to coat evenly. Sprinkle green onions over the chicken. Spoon into lettuce leaves and serve.

## Crossroads Fitness Welcomes



as the Businesses of the  
Month for April!

*FOLLOW US!*

@Crossroadsfitness\_gj

#Crossroadsfitness



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

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

## April 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