# **eroa**





# 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!

# 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 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

## <u>Crossroads Fitness Member Testimony</u> <u>Milinda Shurtleff</u>

"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!

# <u>free guest</u>



# 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**

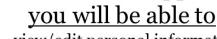
We would like to congratulate

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



- 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!

# Crossroads Fitness Welcomes







# as the Businesses of the Month for April!

# **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.

# FOLLOW US!

# @Crossroadsfitness\_gj #Crossroadsfitness





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

# <u> April 2024 Club Hours</u>

# **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