



**August
2023**

What's going on at YOUR Club?

Keep Cool!
stay Hydrated



**AUGUST
REFERRAL
GIFT**



Refer a NEW member to
Crossroads Fitness in August and
you will receive one of these Tumblers!

Choose your color!

These Crossroads Fitness Tumblers are made from double-walled stainless steel. Designed to keep beverages hot or cold for hours each tumbler features a vacuum-insulated interior.

Tumbler includes a push-on lid with a flip-top, sip-through opening and a straw.

Staff Testimonial

Teresa Hebein

"Being the Kids Club Manager is very rewarding to me. I have been taking care of children at Crossroads Fitness for 17 years. My journey here started out as a way for my daughter to get some socialization and occupy part of our mornings. I love hanging out with the kids, helping them navigate peer interactions, and watching them grow into health conscious people. Knowing that I am able to give parents a little bit of needed "me time" to take care of themselves brings me great joy! I am so happy to be a part of the Crossroads team!"



LES MILLS LAUNCHES

**LES MILLS
BODYPUMP**

Friday, August 4th @ 9:00am

**LES MILLS
BODYBALANCE**

Saturday, August 12th @

11:15pm

Bring a guest for FREE!

Back to **SCHOOL**
Back to **TRAINING**



**Back to
THE GYM!**



Crossroads Fitness Training Department has 9 certified Personal Trainers!
Join a Small Group Training class or Personal Training session in August to get back on your exercise routine! See front desk for availability.

What Crossroads members are saying...

"Being a member at Crossroads is like being part of a big family! This place is like my second home! Everyone here is great!" - Max



Instructor Spotlight!

We would like to congratulate
Niki Fitzgerald
 as the Instructor Of The Month!
 Join Niki for one of her amazing
 YOGA classes on Tuesdays at 7:00pm at the
 North Location
Congratulations Niki!



**We are looking for more
 volunteers to help out in
Kids Club!**

**Volunteer only 8 hours per month
 in exchange for membership fees
 and kids club fees!**

**For more information please see Teresa in the Kids Club to fill
 out an application.**

Crossroads Fitness Welcomes



**Community
 Food Bank**



Riverside Educational Center
 After School Tutoring and Enrichment



**As the featured Nonprofits
 for August!**

Labor Day 2023

Monday, September 4th

North Location *OPEN*

7:00am-5:00pm

Downtown Location *CLOSED*

Kids Club *CLOSED*

Cauliflower Rice & Mushroom Skillet

Delicious Mushroom Cauliflower Rice with Spinach that is
 low carb, keto friendly, and easy to quickly whip up in the
 skillet in under 15 minutes.

Add a form of meat for extra protein!

- 10 oz frozen riced cauliflower
- 1 tbsp soy sauce
- 1 tbsp olive oil
- 1/2 cup yellow onion, chopped
- 2 garlic cloves, minced
- 3 cups sliced cremini mushrooms
- 2 cups spinach
- 1 tbsp soy sauce



Cook frozen cauliflower rice according to
 package. Add olive oil to hot skillet and
 saute onions until soft . Add mushrooms
 and cook until brown. Add garlic and stir
 to combine. Add cauliflower rice and soy
 sauce. Stir until soy sauce has been
 absorbed by the cauliflower rice.
 Stir in spinach until wilted.

August 2023 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:

**** 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 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!