



**August  
2024**

## What's going on at YOUR Club?

### AUGUST REFERRAL

Refer a **NEW** member to Crossroads Fitness in August & you will get a 40oz Malibu Mug!



Perfect for on the go!  
Stay hydrated all the time with these awesome mugs!

1st & 2nd family members only!

### FAMILY SPECIAL!


Family members may join for free in August and their first month is **FREE!** Also, the referring member will receive a referral gift!



### Instructor Spotlight!

We would like to congratulate **Lori Raper** as the Instructor Of The Month! Join Lori for one of her amazing YOGA classes on Tuesdays at 5:15am at the North Location.

***Congratulations Lori!***



### Classes Coming In September!

We are excited for the return of some of our favorite Group Fitness Classes!

**North Location**

Kick It w/ Robin - Tuesdays at 6:30am  
Yoga w/ Betsy C. - Thursdays at 7pm  
F.A.C. w/ Kayla - Fridays at 4:30pm

**Downtown Location**

30 Spin/30 Tone - w/ Brittany & Pam Saturdays at 8:45am





### AUGUST TRAINING SPECIAL!

New Clients Only!

Purchase Small Group Training or a Personal Training package in August & you will get a **FREE Integral Wellness Supplement of your choice!**

Choose from Protein, Pre-workout, Creatine & Vitamins!






### 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 so great!"  
- Max

## **Staff Testimony** **Sierra Wiggins**



Sierra is a seasoned Personal Trainer with over twelve years experience at Crossroads Fitness! She says her favorite part about working at Crossroads is the family atmosphere and the fun camaraderie among the staff. She loves how everyone plays a key role to the success of Crossroads and is dependable at doing their job. Her advice to our members is to honor where your body is at. Don't over think exercise and to remember that consistency is the #1 key to seeing results! Make working out fun and it won't feel like something you have to do, but what you want to do!

### **Crossroads Fitness**

#### **Welcomes**

**As the business of  
the month for August!**



## **Labor Day 2024**

**Monday, September 2nd**

**North Location *OPEN***

**7:00am - 7:00pm**

**Downtown Location *CLOSED***

**Kids Club *CLOSED***

### **Breakfast Quesadillas**

- eggs
- zucchini chopped
- spinach
- garlic
- shredded cheese
- olive oil
- tortillas
- jalapenos
- salt and pepper



Start off by sauteing the zucchini, spinach and garlic for 3-4 minutes. Then move them to one side of the pan and scramble eggs on the other side. Arrange the tortillas by layering the vegetables, eggs, cheese and jalapeno on one 1/2 of the tortilla. Fold the tortilla in half and toast on both sides until golden brown. These reheat well if you make a bulk batch!

## **August 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:**

\*\* 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!