

What's going on at YOUR Club?

Back to Training!

If you have ever thought about trying personal or group training, **NOW IS THE TIME!**



Small Group Training Special!
One Month Trial
Unlimited classes for \$49!

Personal Training Special!
1/2 off 10-session packages!

**This is for anyone NEW to training OR those who have not trained for the past 6 months ONLY!
SGT & PT packages must be with the same trainer.
One pkg. per member. Must begin in August!*

BEST PRICES EVER! SPACE IS LIMITED!

**Receive Weekly Crossroads Fitness
Fit Tips!**

Just text the word "Crossroads" to 28748

**Join us for a
Boomer Birthday Bash!**

GAMES, FOOD & FUN!

**Thursday, August 23rd
2:00pm-3:30pm
Airport Location**



See front desk for more information!

FREE for everyone!

TOO COOL FOR SCHOOL

Refer a friend or family member to YOUR club and you receive a Crossroads Fitness Backpack!



You are going to want one of these!

- Side mesh pockets
- Two large compartments
- Use for workout equipment!

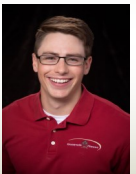
BASEBALL Strength & Conditioning Workshop!



Starts August 6th
Mondays — Thursdays
7pm-8pm

***Improve throwing velocity & running speed**

- * Enhance hitting ability
- * Reduce risk of injury



Taught by Crossroads Trainer—Neil Ryan
Pricing & Sign-up Info available at the front desk!

Week of August 6th!



Roice Hurst Humane Society & Crossroads Fitness are hosting a **Pet Food Drive!**

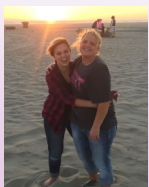
Members can bring in pet food to either location!

Crossroads Success Story!

Tara King

Before Crossroads I had always struggled with my weight and self-confidence. I ended up developing a very serious food addiction and a sedentary life style. That's when I knew I needed to change my life and I joined Crossroads Fitness. Getting started was tough, but with the help and encouragement from the staff and instructors I began to see results. I consistently take HITTs, P90X, Insanity & Kick It! The wonderful people I have met through the classes have become a huge part of my life. As much as I have loved seeing my physical changes, the change in

my self-confidence is amazing and I truly love myself again! I have lost over 50lbs but have gained so much more from my gym family and the staff at Crossroads!



RECIPE OF THE MONTH

Balsamic Grilled Steak Salad with Peaches

Ingredients

- 1lb skirt steak, trim fat
- 1/4 c. balsamic vinegar
- 1 clove garlic, minced
- 1 tbsp brown sugar
- 1 tbsp vegetable oil
- 1/4 c. extra virgin olive oil
- Juice of 1 lemon
- 6 cups baby arugula
- 2 peaches thinly sliced
- 1/3 c. feta cheese or blue cheese



Directions

1. Add steak to a large Ziploc bag or baking dish and toss in balsamic vinegar, garlic and brown sugar. Let marinate 20 minutes at room temperature.
2. Heat a grill or grill pan to high. Rub steak with vegetable oil and season generously with salt and pepper.
3. Cook until desired level. Let rest 5 minutes, then slice.
4. Meanwhile, make dressing: In a small bowl whisk together olive oil and lemon juice and season with salt and pepper.
5. Arrange salad: In a large serving bowl, add arugula, peaches, blue cheese or feta, and steak. Drizzle with dressing and gently toss. Serve immediately.

Instructor Spotlight!

We would like to congratulate Robin Wright as the instructor of the month! She teaches Body Flow® & Body Pump® here at Crossroads Fitness!



Join her for one of her amazing classes!

Congratulations Robin!

Crossroads Fitness Welcomes



as the August Business of the Month!

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



970-242-8746/970-241-7800



Crossroads Fitness



@CRoadsFitness



Croadsfitness

Summer 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!