



**December  
2022**

## What's going on at YOUR Club?



The staff at Crossroads Fitness would like to wish you a very Merry Christmas!  
As we move forward together, we want to thank you for your loyalty.  
Have a safe and happy holiday season.



### Start 2023 with a Healthy Challenge!

Sign up for our FREE  
70,000 Step Challenge.  
Prizes for each level you achieve!  
Registration begins *December 26th*.  
Challenge begins *Monday, January 9th*.



**Workplace Wellness is an  
incentive-based program  
in which you earn \$\$ off  
your membership dues!**

**We have partnerships with  
hundreds of local and Colorado businesses.**

**Ask about Workplace Wellness  
for your company!**

### Holiday Hours

**Christmas Eve Saturday, Dec. 24<sup>th</sup>**

Hours: 7:45am- 2:00pm

Kids Club: Closed

Downtown Closed

**Christmas Day - Sunday, Dec. 25<sup>th</sup>**

Both Clubs Closed

**Monday, Dec. 26<sup>th</sup>**

North Hours: 7:30am - 10:00pm

Downtown Hours 7:30am - 8:00pm

**New Years Eve - Saturday, Dec. 31<sup>st</sup>**

Hours: 7:45am – 5:00pm

Downtown 8:00am - 2:00pm

**New Years Day - Sunday, Jan 1<sup>st</sup>**

North Hours: 8:00am – 5:00pm

Classes will be as normal for open hours.



### December Referral

**Tis the season  
for giving...**



**Refer a NEW  
member to  
Crossroads  
Fitness  
in December  
and receive a  
\$25 Gift Card!**

**Give this gift card as a gift  
or keep it for yourself!**

*1st & 2nd family members only!*

*We want to wish all of our members and  
staff a Happy Holiday Season!*

### SMALL GROUP TRAINING SPECIAL



**Buy 2 months of SGT  
& get 1 month  
FREE!**

**New Clients Only**



## Healthy Holiday Tips

1. **Eat Slowly**—Eating slower can help you consume less calories. Enjoy the conversations and savor the flavor!
2. **Drink Water**—Staying hydrated can help you stay satisfied and prevent overeating. People often confuse thirst with hunger.
3. **Move Your Body**—Schedule out a time every day to move your body. Even a brisk walk or some stretching can help reduce stress and make you feel rejuvenated. Bring your family and friends along with you for some extra time together.
4. **Beware of Liquid Calories**—Holiday drinks can be very sugary. Try to substitute those for something healthier if you can.
5. **Don't Stress**—It's easy to stress during the holidays. Try to focus on the positive and take some time to have fun and relax!

The holidays don't have to derail your healthy habits and overall wellness journey. Use these tips to help you stay on track while still enjoying the holidays!



### Instructor Spotlight

We would like to congratulate

**Kristy Skidmore** as the

**Instructor Of The Month for December!**

**Kristy teaches Pilates at Crossroads Fitness.**

*Thank you, Kristy, for being a wonderful asset to our team!*



## Need Gift Ideas?

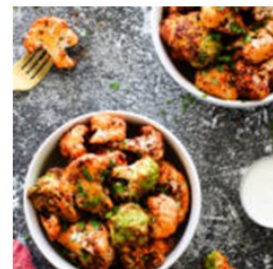
**Give the gift of HEALTH this year!**



- **Memberships**
- **Training**
- **Gift Cards**
- **Supplements**

## Cauliflower Poppers

- 1 extra large or 2 medium head of cauliflower
- 1-2 tsp avocado oil
- 1 tbsp smoked paprika
- 1 tsp dried thyme
- 1 tsp oregano
- 1/4 tsp cayenne
- 1/4 tsp garlic powder
- Salt to taste
- Fresh chopped parsley



Preheat oven to 400°F and line a baking sheet with parchment paper. Add all spice mixture to a small bowl or jar and mix to combine. Set aside. Wash and dry the cauliflower and break/chop into bite-sized florets. Add the cauliflower to a large mixing bowl and drizzle with optional avocado oil. Toss to coat, then sprinkle spice mixture evenly over cauliflower to coat. Toss well to combine so that the cauliflower turns a bright orange. Some clumps of seasoning are OK. Shake cauliflower bites onto a cookie sheet, place in preheated oven, and bake for 15-20 minutes, until golden brown on the edges. You want the cauliflower to be fork tender but still have some bite to it. Serve Cajun Cauliflower Poppers hot with fresh minced parsley. Dip in your favorite sauce.

*These are a great appetizer for any holiday party!*

**FOLLOW US!**

@Crossroadsfitness\_gj

#Crossroadsfitness



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

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

## December 2022 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

**Sunday** Closed

**North Club:**  
2768 Compass Drive  
(Off Horizon Drive)  
242-8746

**Downtown Club:**  
225 N. 5th St, #18  
(Alpine Bank Bldg)  
241-7800