



**December
2025**

What's going on at YOUR Club?



The staff of Crossroads Fitness wishes you and your family a Merry Christmas and a happy, safe holiday season.



Thank you to our members for your time, loyalty and friendship!

12 Days Of Fitness

**Healthy For The
Holidays**



December Fitness Challenge

December 1st - December 24th

**Complete ALL 12
Fitness Activities**

**& you get a
\$25 Gift Certificate.**

**Sign up at the front desk of either
Crossroads location!**

Home For The Holidays?



Parents & Grandparents...

**Are your kids home for the holidays?
They can use the club for FREE during
their school break!**

**Non-member guests are \$25
for their entire visit!**



Thank You Crossroads Members

The Partners ROW-A-THON fundraiser raised over \$7,000!

Our Trainers rowed over 7,000 meters on November 13th. We are so excited to sponsor the Kohl's Shopping Spree for local youth this Holiday Season.

December Referral Crossroads Fitness Sweatshirts!



**You will get a Crossroads Fitness Sweatshirt
when you refer a NEW member to Crossroads
in December!**

**These are perfect to wear to the gym, out for a
walk or lounging around this holiday season
with family & friends!**

This is our way to say
"THANK YOU"
for referring a friend, family member or co-worker for
membership to Crossroads Fitness!

1st & 2nd family members only

TRAINERS CORNER

How To Create Good Fitness Habits For The New Year?

1. Be consistent about the same time and place, for instance, lunch hour workouts or classes.
2. Start simple! Begin with basic exercises & gradually make them more intense.
3. Make it social. Try finding a buddy to join you or join a class or SGT.
4. Set realistic short term goals. This will keep you motivated as you work towards those bigger long term goals!

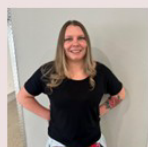
NEED GIFT IDEAS?

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



***Memberships
*Training
*Supplements**

Instructor Spotlight



**We would like to
congratulate**

Lauren Carpenter

as the Instructor

Of The Month for December!

**Join Lauren in Dance Fusion Class on
Mondays at 7:00pm!**

Congratulations Lauren!



THE 2026 BEST YOU CHALLENGE

starts in January!

Watch for more info on ways to get signed up!
This **FREE** challenge is a favorite for our members!
Registration is easy. We want to set you up for success!

Holiday Hours

Christmas Eve Wednesday, Dec. 24th

North Hours: 7:30am - 2:00pm

Kids Club: Closed

Downtown: Closed

Christmas Day - Thursday, Dec. 25th

Both Clubs Closed

Friday, Dec. 26th

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

Downtown Hours: 7:30am - 7:00pm

Kids Club open normal hours

New Years Eve - Wednesday, Dec. 31st

North Hours: 4:55am - 5:00pm

Downtown: 5:30am - 2:00pm (no classes DT)

Kids Club: Closed

New Years Day - Thursday, Jan 1st

North Hours: 7:30am - 5:00pm

Downtown & Kids Club Closed

**Special Holiday Class Line-ups
will be posted separately.**

FOLLOW US!

@Crossroadsfitness_gj

#Crossroadsfitness



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

www.Crossroadsfitness.com

December 2025 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