



What's going on at YOUR Club?

EVENTS AND SEMINARS

*All events and seminars are FREE for everyone to attend!
Challengers will get 25points per event.*

Community Group Training

Join Crossroads Personal Trainers on a Saturday morning for a group workout! You will get to meet our training staff & learn some new exercises while having fun.

Saturday, February 7th @ 10am - North Location



Nutrition Presentation

"Invest In Your Energy"

Led by Certified Health & Wellness Coach,
Paula M. Anderson.

Saturday, February 7th @ 9:15am - North Location



Supplements 101

Led by Phoenix Harris, Owner & Founder of Integral Wellness. Learn about why adding supplements to your health & fitness lifestyle is important & which ones are right for you!

Saturday, February 21st @ 9:15am North Location



New Date!

FEBRUARY IS
AMERICAN
HEART
MONTH



The stronger your cardiovascular system becomes, the more capillaries you have delivering oxygen to the cells in your muscles, where these cells can then burn more fat. A strong cardiovascular system means more than just weight loss. Cardio exercises strengthen the heart and lungs, increase bone density, reduces stress, enhances better sleep, reduces the risks of heart disease and the list goes on. Most importantly, it will make your body more efficient in your day-to-day living. At Crossroads, we are committed to YOUR health. We have a wide variety of classes, personal trainers and cardio equipment to help with your **HEART HEALTH!**



**GOOD LUCK TO ALL OF THE
BEST YOU CHALLENGE PARTICIPANTS!**
Challenge ends Sunday, February 22nd!



February Referral

**You will get a
Crossroads Fitness
Gym Bag
for referring a
NEW member in
February!**



*Share the LOVE,
Share your Crossroads!*

1st & 2nd family members only.

BodyBalance Launch

New Music, New Moves, New Routine

**Saturday,
February 7th
@11:15am**



**North Location
Bring a guest for FREE!**

Office Space For Lease

Crossroads Fitness Building
To Inquire
contact Dale
970-234-0606

February Business

Of The Month

for Crossroads Fitness!



Instructor Spotlight

We would like to congratulate

JJ Johnson as the

Instructor of the

Month for February!

Join JJ in her classes!

HIITS - Mondays at noon

Downtown &

ROKBarre Thursdays at 12:15pm

Noth Location

Congratulations JJ!

No Bake Date Bars

- 1.5 cups dried dates
- 1/2 cup dried apricots
- 1/2 cup almonds
- 1/4 cup pumpkin seeds or sunflower seeds
- 3 tbsp coconut oil (melted)
- 2 tbsp unsweetened cocoa powder



Directions

In a food processor, process dates and apricots until they are shredded. Add almonds and seeds and process again until crushed small pieces. Add melted coconut oil and cocoa powder and blend well. The mixture should look like coarse crumbs. Transfer mixture into a square pan lined with parchment paper. Press down firmly until you get a smooth even layer. Place in the freezer for 15 minutes or longer before you cut them into individual bars.

Gluten free and vegan friendly!

CELEBRATE!

Join Ellie for a Dance Party!

February 5th @ 6:00pm *North Location*
during Dance Fusion—bring a guest for free!

FOLLOW US!

@Crossroadsfitness_gj

#Crossroadsfitness



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

www.Crossroadsfitness.com

February 2026 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 8am 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