



**January  
2024**

## What's going on at YOUR Club?



**JANUARY  
REFERRAL**

*FREE  
Month of  
Dues!*

When you refer a **NEW** member to  
Crossroads in January, **YOU** get a  
**MONTH for FREE!**

**1 NEW MEMBER = 1 FREE MONTH**  
**EARN AS MANY FREE MONTHS AS YOU CAN!**

1st & 2nd family members only!

**BODYPUMP LAUNCH**




**Friday, January 19th**  
**@ 9:00am**  
**North Location**

Join **ALL** of our **BODYPUMP** instructors  
for this launch! Bring a guest for free!  
**NEW MUSIC, NEW WORKOUT,  
NEW MOVES**

**BODYBALANCE LAUNCH**

**Saturday, January 27th**  
**@ 11:15 am**  
**North Location**



Join **ALL** of our **BODYBALANCE** instructors for  
this launch! Bring a guest for free!  
**NEW MUSIC, NEW WORKOUT,  
NEW MOVES**

**REGISTRATION  
BEGINS  
THURSDAY,  
JANUARY 18TH**



**CHALLENGE  
BEGINS  
MONDAY,  
JANUARY 29TH**

The Best You Challenge is a favorite amongst our members!  
This 6-week individual program is designed to help members  
engage in healthy activities. Participate by joining this  
**FREE** challenge. Earn points by exercising at the club,  
attending classes and joining in club events and seminars.

By engaging in a healthy lifestyle, you will become "The Best You."  
Try some different activities and find out what you like to do!  
During the 6 weeks you earn points & prizes at your own pace.

## Instructor Spotlight

We would like to congratulate

**Vickie Thurgood**

as the Instructor of the Month for January!

Vickie has been an instructor for 14 years.

Join Vickie in one of her amazing BodyBalance classes

at the North Location.

**CONGRATULATIONS VICKIE!**

Mondays @ 10:15am

Wednesdays @ 5:45pm

Saturdays @ 11:15am



Crossroads is proud  
to partner with a new  
Supplement Company!  
**INTEGRAL WELLNESS**

**Protein, Greens & Pre Workout  
IN STOCK NOW!**



## Workplace Wellness

**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!**

## Vanilla Almond Overnight Oatmeal w/ Blueberries

### INGREDIENTS

- 1/2 cup old fashioned rolled oats
- 1 cup Almond milk, Unsweetened
- 1 teaspoon honey
- 1/4 teaspoon pure vanilla extract
- Sliced, toasted almonds
- Blueberries



### INSTRUCTIONS

In a pint size (16 oz) mason jar (or other air tight container that can hold at least 2 cups), combine the oats, almond milk, honey and vanilla extract. Close with the lid and shake to combine. Refrigerate for 8 hours.

When ready to eat, heat in the microwave for 2 minutes. Remember to remove the metal lid! Add in desired amount of almonds and blueberries.

Can also be eaten cold!

## *FOLLOW US!*

@Crossroadsfitness\_gj

#Crossroadsfitness



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

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

## January 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:

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 8am to 1:15pm  
& 4:00pm to 6:45pm

Friday 8am to 1:15pm

Saturday 9:00am to 12:15

Sunday Closed

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

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