



**January
2026**

What's going on at YOUR Club?

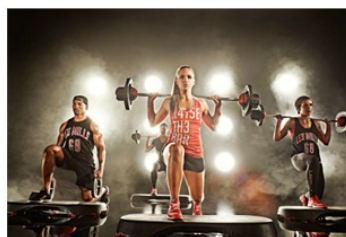
January Referral

Refer a
NEW
member
to
Crossroads Fitness
in January
& you will get a
\$25 Gift
Certificate!



1st & 2nd family members only

BODYPUMP **LAUNCH**



*New Moves,
New Music,
New Burn*

**Friday, January 23rd
9:00am**

North Location
Bring a guest for FREE!

Health is not about
the weight you lose,
but the life you gain.

Stay healthy this winter.
Please wipe off your
machines.

**REGISTRATION
BEGINS
FRIDAY,
JANUARY 2nd**



**CHALLENGE
BEGINS
MONDAY,
JANUARY 12TH**

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 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
Dave Cecuga
as the Instructor of the
Month for January!

Dave teaches Cardio Groove on Tuesdays at 8am
Downtown & Dance Fitness every other Wednesday at
10:15am at the North Location.



Integral Wellness Supplements!

Simple and clean products designed to take your
health to another level!
Products sold at both Crossroads locations.



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!**

Overnight Oats

INGREDIENTS

- 1/2 cup old fashioned rolled oats
- 1 cup Almond milk, Unsweetened
- 1 teaspoon honey
- 1/4 teaspoon pure vanilla extract
- Any other toppings like fruit, chocolate chips, almonds, etc.



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, vanilla extract & other toppings. Close with the lid and shake to combine. Refrigerate for 8 hours.

No-Cook Breakfast: This recipe takes away all morning hassle—no need to fire up the stove or oven. Just mix the night before, chill, and go.

Two Essential Ingredients: At its core, all you really need to make overnight oats are oats and milk. The Greek yogurt, chia seeds, sweetener, and vanilla extract are highly recommended additions for enhanced flavor and texture.

Nutrient-Packed: High in protein and fiber, these overnight oats keep you full for longer while offering a lot of nutrients.

Totally Customizable: Whether you're a fruit lover, chocolate devotee, or nut enthusiast, there's a flavor combo for you. You can seriously add or mix in whatever you like – it's the chef's kiss of breakfast recipes.

Perfect for Meal Prep: Prepare it on a Sunday night and wake up to a delicious and nutritious breakfast all week long.

FOLLOW US!

@Crossroadsfitness_gj

#Crossroadsfitness



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

www.Crossroadsfitness.com

January 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 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