

Crossroads Fitness



**JULY  
2022**

## What's going on at YOUR Club?

### July Referral Gift

Refer a NEW Member to Crossroads Fitness in July & receive a Beach Towel!

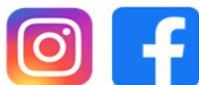


*This is our way to say  
THANK YOU for sharing  
your club!*

*FOLLOW US!*

@Crossroadsfitness\_gj

#Crossroadsfitness



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

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

### ROUND 2 21 DAY Plant-Based Meal Plan

Program begins July 18th!

This plan is perfect for any who is

- \* FEELING STUCK WITH WEIGHT LOSS
- \* WANTING TO IMPROVE DIGESTION
- \* CURIOUS ABOUT PLANT-BASED NUTRITION



Combat oxidative stress and inflammation in the body with plant-based foods higher in antioxidants & nutrients!

**21 Day Program for ONLY \$90**

Program includes... Shopping lists, Recipes & weekly support from your certified health coach, Sierra! Register at the front desk of either location!

"Since beginning this 21-Day Plant Based Nutrition Plan, I have lost 4 pounds, my feet and hands are a lot less puffy and my skin has cleared up so much. My digestion is really improving too. This plan has been so great for me so far! I sleep so much better and feel much calmer." - Jennifer



**Monday, July 4th!**

**North Club: 6:00am - 4:00pm**

**Downtown Location & Kids Club Closed!**

Downtown members can use the North Location for FREE!

### SPECIAL GROUP FITNESS CLASS SCHEDULE

- 7:45am - Easy Does It Yoga with Penny
- 8:30am - Wet & Wild with Lana
- 9:00am - Kick It with Melissa
- 11:00am - Cardio Chisel with Andrea

**VOTING ENDS**

**JULY 10TH!**

**We would LOVE your support!**

Go to  
[GJSentinel.com/bestofthewest](http://GJSentinel.com/bestofthewest)  
- under Beauty/ Health



### LAUNCH WEEK!

## LES MILLS

**LES MILLS  
BODYPUMP**

**LES MILLS  
BODYFLOW**

Friday, July 15th

@ 9:00am

North Location

Saturday, July 16th

@ 11:15am

North Location

**New Workouts! New Music! New Routines!**



**SUMMER 2022**

**FARMER'S MARKETS!**



**Downtown Grand Junction**

**Thursdays 5:30pm - 8:30pm**

**Fruita - Civic Center Park**

**Saturdays 8:30am - 12:00pm**

**Palisade - Downtown**

**Sundays 9:00am - 1:30pm**



## Workplace Wellness for YOUR Business!



This FREE program offers discounts, wellness seminars and incentives! Ask us how!

### What Crossroads members are saying...



**"Crossroads just feels like home  
when you walk through the door."**

**- Jay H.**



### **Instructor Spotlight!**

We would like to congratulate Amber McClure as the instructor of the month! She teaches ROKBarre here at Crossroads Fitness!

*Join Amber for one of her amazing classes  
on Sundays at 10:30am.*

***Congratulations Amber!***

## **Crossroads Fitness**

### **Welcomes**

## **Dillard's**

**As the Business of the Month  
for July!**

### **Grilled Salmon with Mango Salsa and Coconut Rice**

#### **Grilled Salmon**

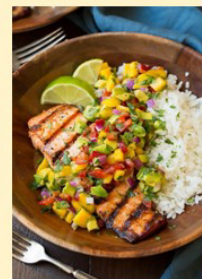
- 4 Salmon fillets
- 3 Tbsp Olive oil
- 2 tsp Lime zest
- 3 Tbsp fresh lime juice
- 3 cloves garlic, crushed
- Salt & pepper to taste

#### **Coconut Rice**

- 1.5 cups coconut water
- 1.25 cups canned coconut milk
- 1.5 cups jasmine rice
- 1/2 tsp salt

#### **Avocado Mango Salsa**

- 1 large mango peeled and diced
- 3/4 cup chopped red bell pepper
- 1/4 cup chopped fresh cilantro
- 1/3 cup chopped red onion
- 1 large avocado peeled and diced
- 1 Tbsp fresh lime juice
- 1 Tbsp olive oil
- 1 tbsp coconut water



#### **Directions**

In a large baking dish whisk together olive oil, lime zest, juice, garlic & salt and pepper. Place salmon in baking dish and cover. Marinate in refrigerator for 15-30 min. Preheat grill to medium heat. Place salmon on grill and grill until salmon is cooked through. While salmon is marinating prepare the coconut rice. In a sauce pan bring coconut water, milk and rice to a boil. Cook according to rice directions. While salmon is grilling, prepare the salsa. Toss all the ingredients together in a bowl and put in the refrigerator to stay cool. Once salmon is done cooking, arrange food on plate according to how you want. We suggest layering the rice, salmon and top with salsa!

## **July 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:**

\*\* Ask about our private swim lessons, too!

**Friday** 6:30pm to 8:30pm

**Saturday & Sunday** 12:00pm to 2:00pm



### **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

### **Airport Club:**

**2768 Compass Drive**

**(Off Horizon Drive)**

**242-8746**

### **Downtown Club:**

**225 N. 5th St, #18**

**(Alpine Bank Bldg)**

"Free Club Exchange Day" for ALL Members:

Use both clubs on Saturday for FREE!

Downtown Members: Use the Airport Club on Sunday for FREE!