

Crossroads Connection

Crossroads Fitness



**JULY
2026**

What's going on at YOUR Club?




4th Of July Schedule
North Club: 8:00am - 2:00pm
Downtown Location & Kids Club Closed!
Downtown members can use the
North Location for FREE!
NO Group Fitness Classes.




RED, WHITE & YOU
CELEBRATE WHAT CONNECTS US
REFER A NEW MEMBER
TO CROSSROADS
FITNESS IN JULY
& YOU GET
1 MONTH FREE!
Earn as many free months as you can!
1st & 2nd family members only. Some restrictions apply.

CELEBRATING



Crossroads Fitness




We would like to thank our members for their loyalty, friendship and support. We have been in business for 40 years because of you and your commitment to your health.

Join us on
Wednesday, July 15th
10:00am -11:30am
North Location
There will be refreshments, reminiscing and prizes!

Group Fitness Classes
Dress up in your best '80s attire and join us for an exciting day of '80s flash back music in all classes!

Revitalize your body with our all-natural Electrolyte Powder!
Two Delicious Flavors!



Formulated with a precise blend of Magnesium, Sodium, and Potassium to optimize hydration and performance, without any of the unnecessary additives! Made with Real Fruit Juice!

Instructor Spotlight!

We would like to congratulate Ron Church as the Instructor Of The Month for July!



Join Ron in Yoga Classes throughout the month!

Congratulations Ron!

Summer 2026 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 - 1:00pm

WATER FITNESS CLASSES



**Water Fitness
is for EVERYONE!**

A popular class that involves various exercises like jumping jacks, running in place, and strength training with water resistance.

A low-impact workout that focuses on walking in the water, providing resistance and improving cardiovascular health.

Water provides buoyancy, reducing stress on joints and making it a great option for individuals with injuries or joint pain.

**Check out the Water Fitness Schedule
to join a class soon!**

Waldorf Salad



1/2 cup mayo
 2TBSP plain or Greek yogurt
 1TBSP lemon juice
 1tsp honey
 1/2 tsp salt
 1/4 tsp pepper
 1 medium granny smith apple diced
 1 medium honey crisp apple diced
 3 celery stalks diced
 1 cup red grapes cut in half
 3/4 cup chopped toasted walnuts
 1/4 cup golden raisins
 Butter lettuce leaves

In a large bowl, whisk together the mayonnaise, yogurt, lemon juice, honey, salt, and pepper. Fold in the apples, celery, grapes, walnuts, and raisins, if using. Taste the salad for lemon juice and salt, adding more as necessary. Serve chilled, spooned over lettuce leaves, if you like.

FOLLOW US!

@Crossroadsfitness_gj



#Crossroadsfitness

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

www.Crossroadsfitness.com

July 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:

** 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
Sunday, Closed

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

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

"Free Club Exchange Day" for ALL Members:

Use both clubs on Saturday for FREE!

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