



**JUNE
2025**

What's going on at YOUR Club?



We would LOVE your support & your VOTE!
Help us keep the title of BEST HEALTH CLUB!

1. Go to GJSentinel.com/bestofthewest
2. Go to Beauty/Health
3. Go to Health Club/Gym



**It's time to redefine the
 "DAD BOD"**
**This Father's Day,
 give your dad the gift of
 HEALTH!**

Crossroads Fitness is the perfect place for
 DAD to prioritize his Health & Fitness.
 Personal Training or Small Group Training
 are a great place to start!

It will keep Dad accountable
 & motivated!

Gift Cards are available to purchase
 for any amount.



**When you refer a
 NEW member
 to Crossroads
 Fitness
 in June,
 you will get
 a Backpack
 Sling Bag
 With Cooler
 Insert!**



**Take these sling bags on hikes, bike
 rides, camping, river floats, fishing and
 much more. They are light weight and
 perfect for all summer activities to
 keep your refreshments cold!**

*Referrals for 1st & 2nd
 family members only.*

June Referral

**Training
 Studio**



**DOWNTOWN
 GRAND
 RE-OPENING**

**YOU'RE INVITED
 THURSDAY, JUNE 19TH
 12PM-1PM**

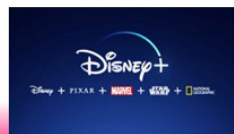
**Take a tour of the NEW & IMPROVED
 Training Studio
 at the Downtown Location!
 *LUNCH PROVIDED***

- Meet The Trainers
- Equipment Demos
- Educational Tips
- Prizes & Drawings



Tablet Checkout

The North Location now has 2 Amazon Fire Tablets for your
 cardio entertainment! Check out process is simple.
 Enjoy cardio while streaming apps like



Student Summer Specials

**3 months for \$75
 or 2 months for \$50**

Must be at least 12 years old.

KIDS CLUB SUMMER SPECIAL

**3 months for \$75 for 1st child
& \$45 per additional child**



Crossroads Fitness Welcomes



**as the Business of the Month
for June!**

Instructor Spotlight

**We would like to congratulate
Lana as the Instructor of the
Month for June!**



**Join Lana in her water classes on
Fridays and Saturdays!**

Congratulations Lana!

FOLLOW US!

@Crossroadsfitness_gj

#Crossroadsfitness



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

www.Crossroadsfitness.com

Teriyaki Salmon Bowl

- 1 lb salmon filets, cut into chunks
- 1 cup rice
- 3 tablespoons rice vinegar
- 1/2 teaspoon salt
- 1 tablespoon honey
- 1 teaspoon brown sugar
- 2 teaspoons tamari or soy sauce
- 1 teaspoon sesame oil
- 1/2 teaspoon grated garlic
- 1/2 teaspoon grated ginger
- 1 tablespoon Sriracha
- 4 scallions, chopped
- 2 tablespoons sesame seeds
- 5 oz edamame beans
- 1 avocado, sliced



Start by cooking the sushi rice. In the meantime, make the sauce by mixing rice vinegar, brown sugar, and salt in a small bowl. When the rice is ready, pour the dressing over and stir to coat the rice. Divide the cooked rice between bowls and sprinkle the rice with sesame seeds. Add edamame and sliced avocado to each bowl. Make the Teriyaki sauce by mixing the honey, sesame oil, tamari (or soy sauce), garlic, ginger, and Sriracha in a small bowl. In a skillet over medium heat, heat oil and add the diced salmon filets. Brown the salmon quickly on all sides, then pour the Teriyaki sauce over the salmon. Turn the heat up to high and stir to coat the salmon in Teriyaki sauce; then sprinkle the scallions on top. Cook on high heat until the salmon is glazed and cooked to your liking. Divide salmon into the bowls.

June 2025 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 8:00am to 1:15pm
Saturday 9:00am to 12:15pm

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

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