

Crossroads Fitness



**JUNE
2026**

What's going on at YOUR Club?



We would LOVE your support & your VOTE!

Help us keep the title of BEST HEALTH CLUB!

Vote for your favorite local businesses June 1st—June 15th!

Scan the QR code for quicker accessibility.



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 40oz
Malibu
Mug
Tumbler!



*Perfect for
on the go!
Stay hydrated all
summer with these
insulated mugs!*

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

June Referral

Trainer Highlight

Head Trainer
Neil Ryan



Training Style: Neil's training style is functional strength training to help people move better and have less pain in their everyday lives. He attributes his passion for training and helping others to his own personal physical therapy experience. He had Tommy John surgery as a high schooler and spent countless hours rehabilitating his elbow to get back on the pitching mound.

He works with a variety of folks including youth athletes, weekend warriors, golfers, and seniors who want to maintain their independent living.

Personal Life: My wife and I have been together for 11 years and we welcomed the sweetest boy to our family last year. I love spending my free time with them and being a dad! I love being outdoors- whether it's mountain biking, camping, or just going on a walk.

My parents and my in laws live here in town. We always get together with my family once a week and my wife's family once a week. Family time is very important to me!

Student Summer Specials

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

Must be at least 12 years old.

TRAINERS CORNER

"As summer approaches, it's not only important to stay hydrated, but also to plan your daily activities around avoiding the heat of what are sure to be some hot summer days this year. If you have outdoor activities planned, try to get outside and do them as early as possible or later in the afternoon/evening while temps are cooler. Also, if you must be out in the heat of the day this summer, try to find activities that are in or near shade, water or an indoor space where you can cool down if needed."
- Shep, Crossroads Personal Trainer

Crossroads Fitness Welcomes


School District 51
MESA COUNTY VALLEY
as the Business of the Month
for June!

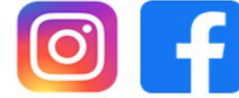
All employees, volunteers & their families get to use both locations for FREE in June.
(offer only good for non-members)

Instructor Spotlight

We would like to congratulate
Hilary Briggs as the
Instructor of the Month for June!
Join Hilary in her ROKBarre classes on
Wednesdays at 11:15am.
Congratulations Hilary!

FOLLOW US!

@Crossroadsfitness_gj
#Crossroadsfitness



Text the word "Crossroads" to 28748 to receive weekly fitness tips!
www.Crossroadsfitness.com

Green Goddess Chicken Salad

INGREDIENTS

4 cups cooked shredded chicken
1 avocado
1 cup Greek yogurt
1 cup parsley
1/2 cup fresh dill
1 cup baby spinach
3-4 TBSP lemon juice
2 cloves garlic
1 tsp olive oil
1/2 tsp salt
pinch black pepper
2 TBSP water



INSTRUCTIONS

Take the prepared cooked shredded chicken and set aside. In a food processor add your dressing ingredients and blend until smooth. Add the chicken to the bowl and mix until chicken is fully coated. Serve on bread, lettuce wraps or with sliced veggies like cucumbers, peppers or celery.

June 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 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