

What's going on at YOUR Club?

MARCH REFERRAL

1 Month FREE!

is a *Slam Dunk!*



Get a month for **FREE** when you refer a friend for a membership to Crossroads Fitness in March
1st & 2nd family members only!

NEW Class Coming soon!

CARDIO CIRCUIT

Beginning in March



TUESDAYS, 12:15PM
NORTH LOCATION WITH DAUN!

Perfect for the lunch break.

Cardio Circuit will be a station-based class combining weights, core strength & cardio exercises. Go at your own pace, but still push yourself to a new fitness level. Modifications for every level!



Instructor Spotlight

Help us congratulate **Bethany Schaffer** as the **Instructor Of The Month** for March.

Bethany teaches *Cardio Sculpt* on Thursdays at 10:45am at the North Location. Join her for one of her amazing classes soon!

Congratulations Bethany

Integral Wellness Deep Sleep Aid

Our Natural Sleep Aid capsules utilize a clinically dosed blend of GABA, Apigenin, Magnesium Glycinate, and Vitamin B6 to promote deep sleep through the entirety of the night. Wake up feeling refreshed and energized.



Sold at both Crossroads locations!

The best preparation for tomorrow, is doing your best today!

CONGRATULATIONS TO ALL OF THE BEST YOU CHALLENGE PARTICIPANTS!

We are so proud to announce that we had a record year with 55 people who completed the challenge and received a Challenge T-shirt! Way to go!

Friendly Reminder

Please remember to use proper gym etiquette!

- Share equipment – Not sweat! Always wipe down and put away equipment when finished.
- Closed toe shoes are required in weight room.
- Take your rest time off of the machines so others can work in.
- Use proper technique to avoid injury. If you need help, please ask for a trainer consultation!
- Don't cause an earthquake! Avoid dropping heavy weights.
- Treat others how you'd like to be treated. Kindness goes a long way!

*Thank you for making Crossroads
the BEST Health Club!*



After a strong debut at last fall's
Desert's Edge Triathlon,
Team Best Slope
launches March 1, 2026.

All ages. All abilities. One team
Founded by longtime Crossroads

members and instructors Cat McIntosh, Anne Opitz, and Andres Luevano, Team Best Slope brings together cyclists, runners, triathletes, and mountain sport athletes to train together, race together, and support one another in pursuit of personal bests. Whether you're preparing for your first event or leveling up your performance, you belong here. Team members receive structured training, race-day support, and sponsor perks — and we're proud to have Crossroads as an early supporter.



👉 Learn more
and join us at
TeamBestSlope.com



Honey Garlic Chicken Stir Fry

- 2 TBSP oil
- 2 cups broccoli
- 1 lb boneless skinless chicken breasts cut into 1 inch pieces
- 4 cloves garlic
- 1/4 cup low sodium soy sauce
- 1/4 cup water
- 1/4 cup honey
- 1 tsp sesame oil
- 2 tsp cornstarch
- Sesame seeds for garnish



Heat 1 TBSP of oil in a large skillet and add the broccoli and saute until tender and caramelized, 4-5 minutes. Remove from the pan and set aside. Add the remaining TBSP of oil to the same pan and cook the chicken thoroughly. Add the garlic and cook for an additional minute. Meanwhile in a small bowl combine soy sauce, water, honey and sesame oil. Add the sauce to the pan along with the broccoli. In a small bowl mix the cornstarch and cold water. Slowly whisk in the cornstarch mixture into the sauce. Simmer until the sauce has thickened. Garnish with sesame seeds.

FOLLOW US!

@Crossroadsfitness_gj

#Crossroadsfitness



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

www.Crossroadsfitness.com

March 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