

Crossroads Fitness



**MAY  
2023**

## What's going on at YOUR Club?



### MEMBER APPRECIATION WEEK!



**May 8th-12th**

### **Crossroads Fitness celebrates 37 years this May!**

We would like to thank our amazing members for their loyalty, friendship and support. We have been in business for 37 years because of you and your commitment to your health. Thank you from Your Crossroads Fitness Family!

### MAY REFERRAL

**Member's Favorite Gift!**



**Refer a NEW Member to  
Crossroads Fitness  
in May & YOU get  
1 MONTH FREE!**

**1st & 2nd family members only!**

### NEW GROUP FITNESS CLASSES

**Starting in May!**

North Location

**\*Dance Fusion w/ Ellie**

Fridays at 5:45pm

**\*Dance Fitness**

Alternating instructors

Saturdays at 8:00am



Downtown Location

**\*Cardio Groove**

w/ Dave

Tuesdays at

8:00am

**May 14th**



**Show a special mother in  
your life how much you  
appreciate her with a  
Crossroads Fitness gift!  
Pro-shop apparel,  
Supplements, Training,  
Memberships &  
much more!**

### **JOIN THE CROSSROADS PERSONAL TRAINERS FOR A COMMUNITY FUNCTIONAL FITNESS CLASS!**



*All Fitness Levels Welcome!*

**Saturdays at 9:00am**

**May 6th, May 13th &**

**May 20th**

**North Location**

**\$5.00 cash entry fee**

- Learn NEW exercises to challenge your workout and take your fitness to the next level.
- Meet other Crossroads members and experience what training is like.
- Get professional tips and tricks from our amazing staff of Personal Trainers!

Voting begins  
June 1st!  
We would be so  
honored to have your  
vote for

### BEST HEALTH CLUB 2023!

Please vote at [GJSentinel.com/bestofthewest](http://GJSentinel.com/bestofthewest)



**Monday, May 29th**  
**Hours: 7am - 7pm**

Downtown Closed &  
Kids Club Closed

### Special Group Fitness Classes Schedule

7:45am Easy Does It Yoga w/ Penny

8:30am Water Aerobics w/ Randy

9:00am Kick It w/ Melissa

10:15am BodyBalance w/ Vickie

### Instructor Spotlight



We would like to congratulate  
**Randy Sousea**  
as the Instructor of the Month  
for May!

Join Randy in Water Aerobics & Silver Sneakers Classes!

*Congratulations Randy!*

### Crossroads Fitness Welcomes



As the Business Of The Month For May!

### Grilled Garlic & Pepper Shrimp



- 1 fresh red chile (such as Fresno), seeds removed, finely grated
- 3 garlic cloves, finely grated
- 1 tablespoon coarsely ground pepper
- 1 tablespoon fresh lime juice
- 2 tablespoons vegetable oil, plus more for grill
- 1 pound large shrimp, peeled, deveined
- Four 8-inch-long metal skewers or bamboo skewers soaked 30 minutes in water
- Kosher salt
- Lime wedges and Kashmiri chili powder or paprika (for serving)

Whisk chile, garlic, pepper, lime juice, and 2 Tbsp. oil in a large bowl. Add shrimp and toss to coat; season with salt. Thread shrimp onto sets of 2 skewers.

Prepare a grill for medium-high heat; clean grates well, then oil. Grill shrimp, turning once, until cooked through and lightly charred, about 5 minutes total. Serve with lime wedges dipped in chili powder.

### *FOLLOW US!*

@Crossroadsfitness\_gj

#Crossroadsfitness



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

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

## May 2023 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