

Crossroads Fitness



**MAY  
2024**

## What's going on at YOUR Club?



### MEMBER APPRECIATION WEEK!



**May 6th-10th**

### **Crossroads Fitness celebrates 38 years this May!**

We would like to thank our amazing members for their loyalty, friendship and support. We have been in business for 38 years because of you and your commitment to your health. Thank you from Your Crossroads Fitness Family!

### MAY REFERRAL

**Refer a NEW Member to  
Crossroads Fitness  
in May &**

**YOU get a  
\$25**

**Crossroads  
Gift Card!**

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



**May 12th**



**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!**

### Great news!



**The Crossroads  
Fitness Member Mobile App  
is ready for download on the  
Google Play and  
Apple App stores!**

- View/edit personal information
- View club information and updates
- View Group Exercise schedule
- Update payment information
- View statements
- View check-in history
- View current Training packages & purchase new packages
- Make payments
- Receive push notifications

### Summer Fitness Tips



1. **Stay HYDRATED!** Aim to drink 1/2 your body weight in ounces of water daily.
2. **Stay CONSISTENT!** Walking is something simple that you can stay consistent with even on vacations & include friends and family!
3. **BUDDY UP!** Find a friend or family member to join you to keep you accountable & stay motivated!

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

**BEST HEALTH CLUB 2024!**

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



**Monday, May 27th**

**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/ Pattie

9:00am Kick It w/ Melissa

10:15am BodyBalance w/ Vickie

11:15am ROKBarre w/ Pattie

**Instructor Spotlight**

We would like to congratulate

**Carol Moore**

as the Instructor of the Month  
for May!

Join Carol in one of her Silver Sneakers, Pilates & Yoga Classes!

*Congratulations Carol!*



**Crossroads Fitness**

**Welcomes**

As the Business Of The Month  
For May!

They are offering special discounts  
for Crossroads Fitness  
Members!



**HORMONE HEALTH  
& WELLNESS**  
OF COLORADO

**HAWAIIAN CHICKEN KABOBS**

**Ingredients**

- . 1/3 cup ketchup
- . 1/3 cup packed dark brown sugar
- . 1/3 cup low-sodium soy sauce
- . 1/4 cup pineapple juice
- . 4 Tbsp olive oil, divided, plus more for brushing grill
- . 1 1/2 Tbsp rice vinegar
- . 4 garlic cloves, minced (4 tsp)
- . 1 Tbsp minced ginger
- . 1/2 tsp sesame oil
- . Salt and freshly ground black pepper
- . 2 lb chicken breast, chopped into 1 inch cubes
- . 3 cups fresh cubed pineapple
- . 1-2 large green peppers, diced into 1 inch pieces
- . 1 large red onion, diced into 1 inch pieces



**Directions**

In a mixing bowl whisk together ketchup, brown sugar, soy sauce, pineapple juice, 2 Tbsp olive oil, rice vinegar, garlic, ginger and sesame oil. Stir in 3/4 tsp pepper and season with salt if desired. Place chicken in a gallon size resealable bag. Reserve 1/2 cup of the marinade in refrigerator then pour remaining marinade over chicken. Seal bag and refrigerate 1 - 2 hours (meanwhile soak 10 wooden skewer sticks in water for 1 hour). Preheat a grill over medium heat to 400 degrees. Meanwhile, drizzle remaining 2 Tbsp olive oil over red onion, bell pepper and pineapple and toss. Season red onion and bell pepper with salt and pepper, then thread red onion, bell pepper, pineapple and chicken onto skewers until all of the chicken has been used. Brush grill grates with olive oil then place skewers on grill. Grill 5 minutes then brush along tops with 1/4 cup of remaining marinade. Rotate to opposite side and brush remaining 1/4 cup of marinade on opposite side and allow to grill about 4 minutes longer, or until chicken registers 165 degrees in center on an instant read thermometer. Serve warm.

***FOLLOW US!***

**@Crossroadsfitness\_gj**

**#Crossroadsfitness**



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

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

**May 2024 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**