



What's going on at YOUR Club?

MEMBER APPRECIATION WEEK!

May 5th-9th

Crossroads Fitness celebrates 39 years this May!

We would like to thank our amazing members for their loyalty, friendship and support. We have been in business for 39 years because of you and your commitment to your health. Thank you from Your Crossroads Fitness Family!

May Referral Gift

Refer a NEW member to Crossroads Fitness in May & you will receive a Crossland® Cooler!



This outdoor Crossland® cooler is perfect for camping, tailgating & more! Features a leak-resistant, heat-sealed PEVA lining that is removable for easy cleaning.

May 11th



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!

Student Summer Special

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

Must be at least 12 years old.

Monday, May 26th



North Hours:
7am -7pm



Downtown Closed &
Kids Club Closed

**Special Group Fitness Class
Schedule Will Be Posted Soon!**

Crossroads Fitness Success Story

Sally Barnes

My life was pretty great until I got a severe case of COVID in 2022. This resulted in me becoming a "Long Hauler", compounding my chronic lung disease. Doctors put me on 4-5 liters of oxygen and steroids. The steroids caused a lot of weight gain. I got up to 215 lbs. & size 18. I saw a doctor and started to lose some weight, but was unhappy and felt unhealthy. My energy levels with oxygen only allowed 1-1.5 hrs. of leaving the house everyday. My good friend Dallas Pietz, has been going to Crossroads since 2018 and loves it! So, I joined in November of 2024. After 4 months of consistency, my energy level has noticeably increased. My Pulmonary doctor lowered oxygen from 4-5 liters down to 1-2! The doctor also took me off 5 medicines and she felt the significant weight loss, deep breathing from exercises and eating healthy were the main factors contributing to this major improvement! I am so proud of all my health accomplishments! I look forward to working out 3-4 times per week now and the conversations with all my gym buddies. I have gotten my social life of fun back since coming to Crossroads! I hope to continue this progress and keep my health journey going. I am so very proud to sport my Crossroads hoodie everywhere I go! Thank you so much to everyone at Crossroads!

WE HAVE EXCITING
NEWS!!

NEW CLASS
STARTING IN MAY!

DANCE FITNESS CLASS

WEDNESDAYS

10:15AM

NORTH LOCATION

Find freedom in movement by
joining our Dance Fitness Class!
Build your confidence, and enjoy
exercising with fun music & an
upbeat atmosphere!



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
- . 1 3/4 lb boneless, skinless chicken breast, chopped
into 1 1/4-inch cubes
- . 3 cups fresh cubed pineapple
- . 1 1/2 large green peppers, diced into 1 1/4-inch pieces
- . 1 large red onion, diced into 1 1/4-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. Serve warm.



Instructor Spotlight

We would like to congratulate

Tawny Espinoza

as the Instructor of the Month
for May! Join her for Pilates
on Mondays at 5:45pm

Congratulations Tawny!

Crossroads Fitness Welcomes



As the Business Of The Month For May!

FOLLOW US!

@Crossroadsfitness_gj

#Crossroadsfitness



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

www.Crossroadsfitness.com

May 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