



**November
2022**

What's going on at YOUR Club?

NOVEMBER REFERRAL

**PASS YOUR CLUB
ONTO YOUR
FRIENDS!**



**If you refer a NEW member
to Crossroads Fitness
in November,
you get a cozy Stadium Blanket!**



**ALSO... you get an
entry into a drawing to win
a 50" Samsung Smart TV!**



Crossroads Fitness Success Story

John Obrien



John originally joined Crossroads about four years ago and really got into swimming. He met quite a few friends and was coming consistently until Covid hit. He began to gain weight and lose motivation during that time. John had his leg crushed in 2000 and had his hip replaced in 2012. Because of his injuries, he has a hard time moving around and exercising and when he gained the weight it became pretty debilitating to function. His initial motivation for working out again was seeing himself in a picture recently at his granddaughters birthday party. In just two months, he has lost 27 lbs and dropped several pants sizes. He went from a size 40-34 ! He says that the best part of losing the weight and gaining his life back has been the energy he has now! John says that he feels better now than he has in his entire life. Every morning, Monday—Friday, he gets up at 4:00am and is at the gym ready to swim and walk in the pool by 5:00am. Within the first week of coming back to Crossroads he said he was greeted and welcomed back by old friends that he had not seen since 2019. That made him feel so motivated and encouraged! He is now able to play golf without feeling totally worn out and little things around the house that used to be very hard for him are now easy! One of the best parts about losing the weight and getting in shape has been seeing his whole body, mind and spirit change for the better! People notice the changes as well and compliment him all the time. John swears that the pool at Crossroads Fitness saved his life!

<https://crossroadsfitness.com/success-stories-testimonials>



Bring a guest for FREE!

Launch of Release 97!

Join our team of
BodyFlow Instructors
on Saturday, November 5th
@ 11:15am!

*New Moves! New Music!
New Flow!*

FRIENDSGIVING

All CURRENT Training Clients
will receive a voucher to give a
friend for a FREE
MONTH of Small
Group Training!



Thanksgiving Hours!

Thursday, November 24th

North Location: 7:30am - noon

Classes offered:

7:45am Yoga

8:30am Aqua Fitness

9:00am Pilates

10:15am Kick It

Kids Club Hours: Closed

Downtown Location: Closed

Friday, November 25th

North Location: 7:30am-10:00pm

Classes Offered:

Normal Class Schedule after 7:45am

Kids Club Hours: Normal Hours

Downtown Location: 8:00am - 7:00pm

NEW CLASS!

Beginning Nov. 4th!
Fridays at 12:15pm
@ the North
Location w/ Adriana!



Instructor Spotlight

We would like to congratulate
Elan Muniz
as the Instructor Of The Month
for November!

He teaches water aerobics and is a swim lesson instructor!

Thank you, Elan, for being a wonder asset to Crossroads Fitness!

Prepare for your Thanksgiving Feast with the Crossroads Fitness Businesses Of The Month For November!

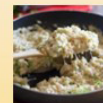
Join us & support these local grocery stores this holiday season.



Creamy Garlic Cauliflower Rice

Great substitution for mashed potatoes

- 6–8 cups chopped cauliflower
- 4 cups vegetable broth + 2 cups water
- 1/2 cup milk
- 1 1/2 cups brown rice (I used a brown rice blend)
- 1 teaspoon salt (plus more to taste!)
- 2 tablespoons butter
- 6–8 cloves minced garlic
- 1/2 cup Mozzarella cheese for topping (more to taste)



Cook the rice according to package directions. Set aside. Bring the vegetable broth and water to a boil in a large pot. Add the cauliflower and boil for about 10 minutes, until tender. Transfer cauliflower pieces to a blender or food processor. Puree the cauliflower, adding milk or extra vegetable broth to get a smooth, creamy consistency. Season with salt. Pour over the cooked rice and stir to combine. In a large nonstick skillet, melt the butter and add the garlic, sauteing over low heat until the garlic is very fragrant, about 3-5 minutes. Add the creamy rice mixture and stir until butter and garlic is incorporated. Add cheese on top or stir it throughout the rice to get it melted. Season with additional salt and pepper to taste.

FOLLOW US!

@Crossroadsfitness_gj

#Crossroadsfitness



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

www.Crossroadsfitness.com

November 2022 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:

** Ask about our private swim lessons, too!

Friday 6:30pm to 8:30pm

Saturday & Sunday 12:00pm to 2:00pm



KIDS CLUB HOURS

Monday - Thursday 8:00am to 1:15pm

& 4:00pm to 6:45pm pm

Friday 8:00am to 1:15pm

Saturday 9:00am to 12:15 **Sunday** Closed

North Club:

2768 Compass Drive

(Off Horizon Drive)

242-8746

Downtown Club:

225 N. 5th St, #18

(Alpine Bank Bldg)

241-7800

"Free Club Exchange Day" for ALL Members:

Use both clubs on Saturday for FREE!

Downtown Members: Use the Airport Club on Sunday for FREE!