

Crossroads Fitness



November
2024

What's going on at YOUR Club?

November Referral



You will get a \$25 Crossroads Fitness GIFT CARD when you refer a NEW member to YOUR club in November!

Use your gift card on Pro-Shop apparel, supplements, snack bar items or give it to a friend as a gift for the upcoming holidays!

1st & 2nd family members only!

This is our way to say THANK YOU for your referral!

A Special Letter

The letter below was received by long-time member Brian Mahoney. His friend that he referenced in his letter was Bill Killgore, also a long-time member who recently passed away. They both relentlessly pursued their priority of fitness for decades. Crossroads Fitness is honored by their loyalty and friendship. They both had locker rentals for years, which have been retired in their names.

Dear Dale,

Enclosed is a check for my final bill at Crossroads. It's my final bill as I am resigning my membership with this notice and have emptied my locker. I have been with you since you opened, and enjoyed every minute of my time there, even as I moaned out an exhalation on the flat bench, with Killgore yelling PUSH! We were the Hanz and Franz of Crossroads for 30 years after Donnie Holmes got us going. I miss those hours spent greatly, and I miss the body even more.

Bill's gone now..... I never thought he would die! I'm no where near the guy that opened up with you and haven't been in for over a year. I'd love to keep coming but Dr. Parkinsons discovery is working me hard. Thanks for running a class act all this time!!

Best Wishes for your Keepin' ON,

Brian

Welcome To The Team!

Help us welcome our newest Crossroads employees!

John - Member Services

Abigail - Member Services

Anders - Maintenance



Thanksgiving Hours!

Thursday, November 28th

North Location: 7:30am - noon

Classes offered:

7:45 Yoga

8:30am Aqua Fitness

9:00am Kick It

10:15am ROKBarre

Kids Club Hours: Closed

Downtown Location: Closed

Friday, November 29th

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

Classes Offered:

Normal Class Schedule after 7:30am

Kids Club Hours: Normal Hours

Downtown Location: 7:30am - 7:00pm

NOTICE



Be Wise & **SANITIZE!**

Spread love **NOT** germs!

CLEAN & DRY SHOES REQUIRED!

VETERANS DAY



HONORING ALL WHO SERVED

FRIENDSGIVING

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



Instructor Spotlight

We would like to congratulate **Hilary Briggs** as the Instructor Of The Month for November!
She teaches ROKBarre on Tuesdays at 5:45pm & Wednesdays at 11:15am!



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.



Air Fried Sweet Potato Chips

- 1 large sweet potato
- 1 TBSP canola oil
- 1/4 Tsp Sea Salt
- 1/4 Tsp ground black pepper
- Cooking Spray



Slice potato into 1/16-inch-thick rounds using a mandoline. Put potato slices in a large bowl of cold water; soak about 20 minutes. Drain and pat dry with paper towels. Wipe out bowl.

Return potato slices to dried bowl. Add oil, salt, and pepper; toss gently to coat. Preheat air fryer to 350 degrees F (175 degrees C). Lightly coat air fryer basket with cooking spray. Working in batches if needed, arrange potato slices in an even layer in basket (do not overcrowd). Cook until lightly golden and crispy, 12 to 16 minutes, turning and rearranging chips into an even layer every 4 minutes.

Watch closely during the last 2 to 3 minutes of cooking. Check chips about every 30 seconds, using tongs to remove golden chips from the basket as needed to avoid overcooking and ending up with bitter chips.

Let chips cool about 5 minutes. Chips will continue to crisp as they cool. Store in an airtight container up to 3 days.

FOLLOW US!

@Crossroadsfitness_gj

#Crossroadsfitness



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

www.Crossroadsfitness.com

November 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:

** 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

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!