



**November
2023**

What's going on at YOUR Club?

November Referral



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

Stadium Blanket!

Perfect for outdoor sporting events or picnics!

**ALSO... you get an entry into a
drawing to win a**

\$100 City Market

Gift Card!



1st & 2nd family members only!

The Women Behind The Scenes At Crossroads Fitness!

You may not see their faces too often at the front desk, but they play a huge roll in keeping Crossroads in business behind the scenes! Rebecca Crum, Jordyn Giezantanner, and Arlene Dent are the real MVPs of Crossroads. Rebecca works in Human Resources but also contributes a lot o Accounts Receivable as well. She started at Crossroads ten years ago & right away she knew that Crossroads would be the perfect place to work because of the infectious, positive vibe and the welcoming environment she felt every time she walked through the door as a member. Her favorite part about working at Crossroads is the flexibility for her life and watching members transform their lives when they choose to live a healthier lifestyle. Jordyn works in the Accounts Receivable department and has been with Crossroads for over two years. She also started out as a member and had huge success with her health and fitness journey. She joined the Crossroads family because she is a mom to two little boys and the Kid's Club makes it such a family friendly place to be able to work. Arlene has been with Crossroads since 2015 and works with the Accounts Payable & monthly reconciliations. She loves to work at Crossroads because the other employees and owners are great people! Make sure to say HI to these ladies if you see them around the gym!



NEW CLASS!

HIIT CYCLE

Wednesdays at 6:30am

@ the North Location!

**Join new instructor, Brittany, for a
30 minute indoor cycle class with high
intensity interval training!**

Begins Wednesday, November 1st!

NOTICE



**PLEASE CLEAN
AND DISINFECT
MACHINE
AFTER
EACH USE**

**Be Wise &
SANITIZE!
Spread love
NOT germs!**



Thanksgiving Hours!

Thursday, November 23rd

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 24h

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

Classes Offered:

Normal Class Schedule after 7:30am

Kids Club Hours: Normal Hours

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

Normal Class Schedule after 8:00am

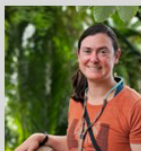
FRIENDSGIVING

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 **Lisa Boyko** as the Instructor Of The Month for November! She teaches Water Aerobics Mondays at 10:00am!



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 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:

** 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!