



**OCTOBER  
2021**

## What's going on at YOUR Club?

### OCTOBER REFERRAL GIFT



**When you refer a  
NEW member to  
your club in  
October you will  
receive one of  
these new long  
sleeve hooded  
shirts!**

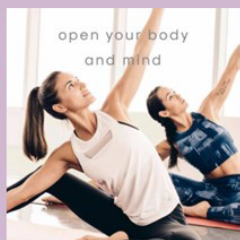
**These are perfect  
for Fall!**

**The best gift a business can  
receive is a referral!**

### New Music - New Routine - New Release

All BodyFlow® Classes in October will be launching the NEW RELEASE of BodyFlow #93! Try a class this week!

#### North Location



**Mondays @ 10:45am  
Tuesdays @ 12:15pm  
Wednesdays @ 5:45pm  
Thursdays @ 5:15am  
Fridays @ 10:30am  
Saturdays @ 11:15am**

### Instructor Spotlight

We would like to Welcome & Congratulate Tiffany Kragnes as the Instructor of the Month for October!

Tiffany is new to our Crossroads Group Fitness Instructor team. She teaches Group Cycling Mondays @ 5:30pm at the north location!

*Congratulations Tiffany*



### What Crossroads members are saying...



"One of my favorite things about Crossroads is walking in and always being greeted with a friendly smile! I appreciate that the equipment is always well maintained and the club is so clean. Our two year old son loves the kids club and adores Ms. Teresa. It's just an all around great environment!" - Jaclyn

### "SET IT & FORGET IT"

#### Fall Foods Nutrition Plan

**THIS WAS A HIT LAST YEAR!**



#### What Is It?

- \*Three weeks of customized meal plans & shopping lists
- \*Foods that are nourishing and nutrient dense
- \*Healthier alternatives to comfort foods

**Only \$70  
for three  
weeks!**

\*Meals that encourage you to use your crockpot or instant pot

**Sign up by Friday, October 8th**

**Program starts Monday, October 11th**

Sign up at the front desk of both Crossroads locations!

**Created and led by  
Sierra Wiggins,  
Health Coach & Personal**



Please help us welcome to our Member Services Team

meet our  
NEW

*Staff*

**Helen, Riley & Devon!**

Make sure to say hi to them at the front desk!



**Crossroads Fitness Staff**  
**Pumpkin Carving Contest 2021**

Pumpkins will be judged the week of  
 October 25th.

Vote for your favorite  
 pumpkin!

Winner will be  
 announced

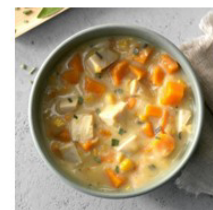
Monday, November 1st!



**TURKEY SWEET POTATO SOUP**

**INGREDIENTS**

2 Medium sweet potatoes,  
 peeled & cubed  
 2 cups water  
 2 tsp sodium free chicken  
 bouillon granules  
 1 can cream style corn  
 1 tbsp minced fresh sage  
 1/4 tsp pepper  
 1 tbsp cornstarch  
 1 cup milk  
 2 cups cubed cooked turkey breast



**Directions**

In a large saucepan, combine potatoes,  
 water and bouillon; bring to a boil. Reduce heat;  
 cook, covered, until potatoes are tender. Stir in  
 corn, sage and pepper; heat through. In a small  
 bowl, mix cornstarch and milk until smooth; stir into  
 soup. Bring to a boil; cook and stir until thickened  
 and add turkey. Enjoy!

**JOIN US FOR A**



**Wednesday, October 27th @ 9:00am**  
**North Location during Cardio Groove!**  
**Costumes encouraged!**

**Crossroads Fitness**

**Welcomes**

**as the**

**October**

**Businesses of the Month!**



***FOLLOW US!***

**@Crossroadsfitness\_gj**

**#Crossroadsfitness**



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

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

**OCTOBER 2021 CLUB HOURS**

**Airport Location:**

Monday - Friday 4:55am to 10:00pm  
 Saturday & Sunday 8:00am to 7:00pm

**Downtown Location:**

Monday - Friday 5:30am to 7:00pm  
 Closed Saturdays & Sundays

**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 1:05pm  
 & 4:00pm to 6:45pm pm

**Friday** 8:00am to 1:05pm

**Saturday** 9:00am to noon **Sunday** Closed

**Airport 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!

