



**OCTOBER
2023**

What's going on at YOUR Club?

OCTOBER REFERRAL

**EXERCISE DOESN'T HAVE
TO BE SCARY!**

When you refer a friend, co-worker or family member for membership to YOUR club in October, you will get a \$25 Gift Card!

Thank you for you referral!

1st & 2nd family members only!



Group Fitness Goes Pink

October is **Breast Cancer Awareness Month**. Please join our Crossroads Fitness Group Fitness Instructors and wear **PINK** to classes all month! When you wear pink to classes, you get entered into a drawing for a prize! We will draw winners weekly!



What Crossroads members are saying...

"We truly feel our membership at Crossroads is the key to our health. We have a 'Health Team' that we work with to keep us healthy. It consists of our PCP, our dentist, dermatologist, cardiologist, eye doctor, audiologist, and our Crossroads family.

Crossroads keeps us moving, body aware and weight management, but, best of all, our many friendships at the club where we are like a family and this keeps us mentally stable with stress relief, smiles and laughter." - John & Charlene Knudsen

**Help Us Welcome
David "Shep" Shepardson
as the newest Trainer to the
Personal Training Department!
He is now accepting new
clients for Personal Training
and SGT!**



**Crossroads is proud
to partner with a new
Supplement Company!
INTEGRAL WELLNESS**

Phoenix Harris is the Owner/CEO of Integral Wellness & a proud long time member of Crossroads Fitness!

In 2022, he founded Integral Wellness in an effort to change the quality of supplements.

"We are different here at Integral Wellness; our formulas are clinically dosed with only the best, non-GMO, USDA Organic ingredients that are 3rd Party Tested in the US. Our mission is to raise the standards of supplements and provide a superior product."

**Protein, Greens & Pre Workout
In stock now!**




**TUESDAY,
OCTOBER
31st**

Downtown Location

**@ 8:00am during
Cardio Groove
w/ Dave
Costume Contest!**

Prizes for 1st & 2nd place!

Crossroads Fitness Staff Pumpkin Carving Contest 2023

Staff pumpkins will be judged the week of October 23rd
Vote for your favorite pumpkin!
Winner will be announced
Friday the 27th!



Instructor Spotlight

We would like to Congratulate
Penny Creasy
as the Instructor of the Month
for October!

She teaches Yoga on Mondays
@ 7:45am at the North Location &
Fridays @ 9:15am
Downtown



*Congratulations
Penny!*

Did you know that Crossroads offers WORKPLACE WELLNESS?

This program offers employees:

-Discounted memberships

-Incentives

-Happy Employees

For more info go to

[Crossroadsfitness.com/workplace-wellness](https://crossroadsfitness.com/workplace-wellness)



Cheesy Spinach & Artichoke Stuffed Spaghetti Squash



- 1 (2 1/2 to 3 pound) spaghetti squash, cut in half lengthwise and seeds removed
- 3 tablespoons water, divided
- 1 (5 ounce) package baby spinach
- 1 (10 ounce) package frozen artichoke hearts, thawed and chopped
- 4 ounces reduced-fat cream cheese, cubed and softened
- 1/2 cup grated Parmesan cheese, divided
- 1/4 teaspoon salt
- 1/4 teaspoon ground pepper
- Crushed red pepper & chopped fresh basil for garnish

Place squash cut-side down in a microwave-safe dish; add 2 tablespoons water. Microwave, uncovered, on High until tender, 10 to 15 minutes. Meanwhile, combine spinach and the remaining 1 tablespoon water in a large skillet over medium heat. Cook, stirring occasionally, until wilted, 3 to 5 minutes. Drain and transfer to a large bowl. Position rack in upper third of oven; preheat broiler. Use a fork to scrape the squash from the shells into the bowl. Place the shells on a baking sheet. Stir artichoke hearts, cream cheese, 1/4 cup Parmesan, salt and pepper into the squash mixture. Divide it between the squash shells and top with the remaining 1/4 cup Parmesan. Broil until the cheese is golden brown, about 3 minutes. Sprinkle with crushed red pepper and basil, if desired.

OCTOBER 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 12:15pm **Sunday** Closed

North Club:
2768 Compass Dr
(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!