



**September
2022**

What's going on at YOUR Club?

September is National Yoga Month!

Celebrate with Crossroads by bringing a guest to ANY yoga class
for FREE in September!

Crossroads Fitness offers 12 yoga classes every week!

We have different classes to fit ALL fitness levels!



September Referral Gift

When you refer a new member to
Crossroads Fitness in September,
you get a long sleeve 3/4 zipper
pullover!

**These are PERFECT
for Fall!**

- Light weight
- Soft
- Breathable material



This is our way to say THANK YOU for
referring a new member
to Crossroads!



Crossroads won 1st Place!

**We were voted
Best Of The West
Health Club 2022!**

Thank you for voting for us! It's because of our
amazing members and staff that we are honored
to receive this award for the 2nd year in a row!



What Crossroads members are saying...

"Jonathan has been training with
Neil Ryan at Crossroads Fitness for a
few months now and WOW, what a
huge difference in his energy and strength.
Parents, if you are looking for a great youth trainer,
Neil is amazing with the kids!" - Terry P.



Make Exercise FUN again!

3 Reasons to take classes...

- 1. Motivation**
 - 2. Fun & Variety**
 - 3. 1 hour of non-stop exercise**
- We have classes for
EVERY member!**



NEW CLASS

STARTING IN SEPTEMBER

30/30 (Cycling & Toning)

With Pattie & Kimberly

Wednesday Mornings at 6:00am

Downtown Location



Labor Day 2022

Monday, September 5th

North Location — 7:00am - 5:00pm

Downtown Closed!

Kids Club Closed!

Group Fitness Schedule!

7:45am - Yoga w/ Penny
8:30am - Aqua Fitness w/ Lana
9:00am - Kick It w/ Melissa
10:15am - Bodyflow w/ Heather



38th Annual Partner's KJCT Online Auction



Auction begins Friday,
September 2nd with bidding
closing Thursday the 8th.
Visit the Partner's website
to bid on hundreds of donations from
local businesses, including Crossroads!

mesapartners.auctionanything.com

Instructor Spotlight

We would like to congratulate
Jack Utermoehl
as the Instructor of the Month for
September! Join Jack in one
of his amazing Yoga Classes
on Fridays at 7:45am at the
North Location!

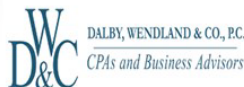


Congratulations Jack!

Crossroads Fitness Welcomes



&



as the September
Businesses of the Month!

Peach Salad w/ Grilled Basil Chicken and White Balsamic-Honey Vinaigrette

Ingredients:

Grilled Basil Chicken

1 lb Boneless skinless chicken breast
3 Tbsp olive oil, plus more for brushing grill
1/3 cup slightly packed chopped fresh basil
2 cloves garlic, minced
1 Tbsp fresh lemon juice
Salt and freshly ground black pepper

Vinaigrette

1/3 cup olive oil
3 Tbsp white balsamic vinegar
1 Tbsp honey
1 tsp dijon mustard
Salt and freshly ground black pepper

Salad

10 oz Spring Mix lettuce
1 lb peaches, sliced (about 3 small)
2 ears corn, husked and kernels cut from cob
1/2 cup chopped pecans, toasted
1/2 small red onion, sliced thin (about 3/4 cup) (rinse under water to remove harsh bite)
4 oz Goat cheese, crumbled



Instructions:

For the chicken: In a small mixing bowl whisk together olive oil, basil, garlic, lemon juice and season with salt and pepper. Using the back of a spoon, press basil against sides and bottom of bowl (to help extract flavor from basil). Place chicken in a resealable bag and pound with a meat mallet, then pour basil mixture over chicken. Marinate 2 - 5 hours. Preheat a grill to medium high heat. Brush grill grates lightly with olive oil then place chicken on grill. Grill until cooked through, Transfer to a cutting board and let rest 10 minutes then slice into strips or dice into cubes.

For the vinaigrette: Whisk together all ingredients until well blended and season with salt and pepper to taste. Store in refrigerator until ready to use, stir again before pouring over salad.

For the salad: In a large salad bowl gently toss together lettuce, peaches, corn, pecans, onions, and grilled chicken. Sprinkle goat cheese over top and drizzle with vinaigrette. Serve immediately after adding dressing.

FOLLOW US!

@Crossroadsfitness_gj

#Crossroadsfitness



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

www.Crossroadsfitness.com

SEPTEMBER 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 12:15pm 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!