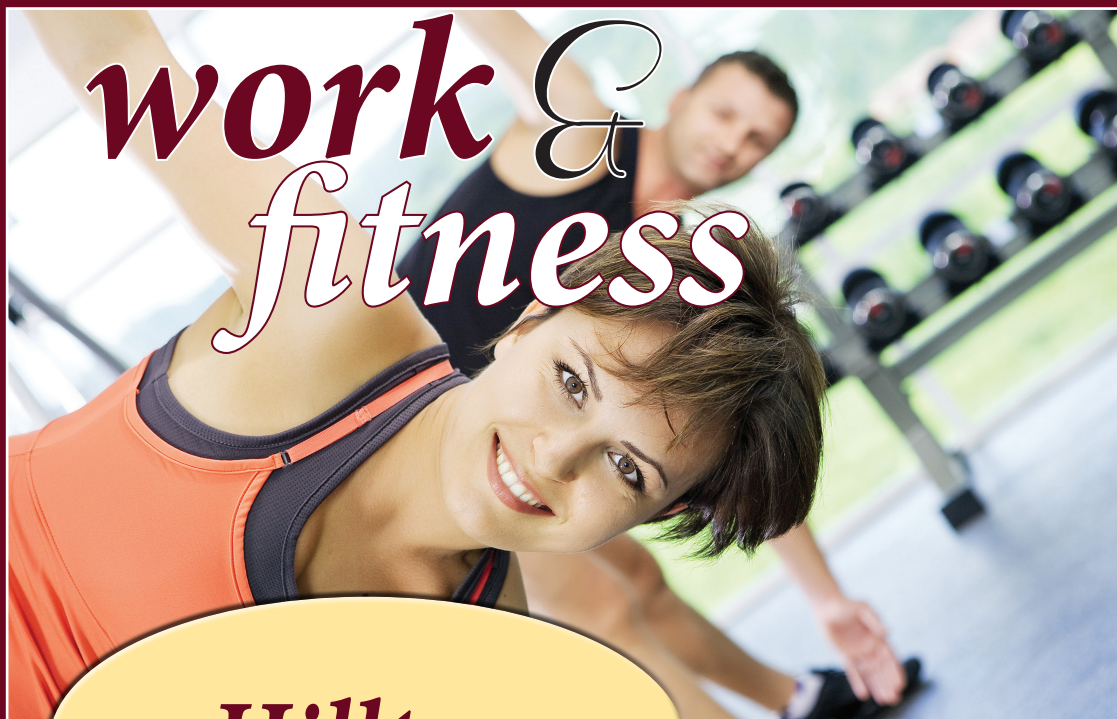


# LIFE BALANCE:



## Hilltop

### Workplace Fitness Program at Crossroads Fitness:

#### WHAT WE OFFER:

#### Included in Membership

- Premier Group Exercise Program · Indoor Pool
- Spacious Weight Rooms · Cardio Theater
- Circuit Training · Hot Tub & Sauna

#### Other Programs Available:

- Small Group Training · Personal Training · Nutritional Programs
- Workshops · Kidz Club Day Care

Call us for your personalized introduction to our Work & Fitness Program!

### **“Get Started Program”**

#### Included in Membership

- FREE Exercise Classes
- FREE 30-min. Personal Training Session
- FREE Educational Seminars
- FREE Health & Wellness Tips
- Social Media & Text Messaging

#### **For the First 6-Weeks of Membership:**

- Guest Passes
- Use of Both Locations

**As low as \$24/month\***

\*BASED ON LOCATION AND USAGE



## It's my Health. It's my Crossroads.

#### Downtown:

225 N. 5th St., #18  
(Alpine Bank Bldg)  
241-7800



#### North:

2768 Compass Drive  
(Off Horizon Drive)  
242-8746

Save Time, Sign-up Online at [www.CrossroadsFitness.com](http://www.CrossroadsFitness.com)