

February 2024



Welcome to the FTR Newsletter! Stay updated on new programs and events, media highlights and what our awesome volunteers and donors are doing for our recovery community. Thank you for your support!

[Visit our Website](#)

Recovery Partnership Highlight: **Renaissance Ranch**



At Renaissance Ranch, they believe in providing the best quality care to all those who participate in their programs. Combining the 12 Step approach with the healing power of gospel principles as they relate to addiction recovery, they treat alcohol and drug addiction in a personal, supportive environment that yields long-term results for our patients.

Thank you, Renaissance Ranch for working with FTR to cultivate community, connection and lasting hope for your recovering clients for

the last 8 years.
We appreciate you!

Member Spotlights



Morgan Anderson, SLC

FTR is such an amazing space. Ever since I did my first Boot Camp workout, I could feel the love and sense of family while I was there, everyone was so kind and inviting. No matter what I'm doing there, whether it's a Boot Camp doing cook to connect or something related, I always feel so welcome and happy to be there. I can't even begin to describe what it's done for me and my mental well-being and the amount of people there that I consider friends FTR will always have a special place in my heart.



Kelli Kallas Farr, Utah County

I can't say enough about FTR, it's brought such a positive shift into my life. Having such a safe space and true connection with amazing people is a part of my life I didn't know I was missing. It is thanks to every person, both staff and members, that I've made the progress I have. I'm forever grateful 🙏



Robin Everitt Patfield, SLC

Fit to Recover has helped me in so many ways! When I first entered the recovery world as a resident at Acqua in 2017, I was at an all-time low and we came to the gym for classes and to Sugarhouse Park for bootcamp. I was in terrible shape and it was so hard! But I remember feeling that first glimmer of hope for a better life by being around other people in recovery in the Fit to Recover community. I came back a few times over the years, but have dedicated myself to classes at FTR over the last year. I love this community so much! It has truly helped me get on my feet, especially with fitness. I am so grateful for Vickie - she is amazing! Her patience and gentle prodding for me to use more weight is a big deal for me! I appreciate all the pillars at FTR - I've enjoyed cooking class several times and the creative arts. I've run the 5k and helped with service projects. Thank you FTR for all you do for me and our community. We are so incredibly lucky to have you!

FITNESS PILLAR

Stay up to date by visiting our Instagram Page: [*Click here!*](#)

Check out our new Salt Lake City schedule *and* the specialized classes we offer!



FITNESS
NUTRITION
CREATIVE ARTS
SPECIAL
NEW CLASSES
PARK CITY LOCATION
SERVICE PROJECTS

Membership: SLC: \$40/Monthly
Drop-Ins: \$5/Class
Cook 2 Connect: \$20
Cooking for Beginners: \$10
Food 2 Recover: 5 meals/\$40
Creative Arts Membership Only: \$10/Monthly

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 AM: FTR Fitness	6:30 AM: FTR Endurance	6:30 AM: FTR Fitness	6:30 AM: FTR Conditioning	6:30 AM: FTR Fitness	8:30 AM: FTR Fitness	9:00 AM: FTR Fitness
9:30 AM: Beginners Boxing	Noon: FTR Fitness	Noon: FTR Fitness	Noon: FTR Fitness	Noon: FTR Fitness	10:00 AM: Bootcamp	10:00 AM: Powerlifting
Noon: FTR Fitness	4:00 PM: Music Production	4:30 PM: FTR Fitness	1:00 PM: Mobility	4:30 PM: FTR Fitness	12:30 PM: Studio Time	11:30 AM: LGBTQ+ Class
Noon: Advanced Kettlebell Class	5:30 PM: FTR Fitness	5:15 PM: Intro to Music	5:00 PM: Intro to Music	5:30 PM: FTR Fitness		12:00 PM: Studio Time
4:00 PM: Music Production	6:30 PM: FTR Conditioning	5:30 PM: FTR Fitness	5:30 PM: FTR Fitness	5:30 PM: Advanced Kettlebell Class		12:30 PM: LGBTQ+ Group
5:30 PM: Cook 2 Connect	Food 2 Recover Meal Pick Up Day: Pick-up after 4 PM	5:30 PM: Mobility	6:30 PM: Creative Arts Group	6:30 PM: 1", Friday of Month: Friday Night Lights Workout		1:00 PM: Free Yoga for FTR Members at CorePower Yoga Foothill Location
5:30 PM: FTR Fitness		5:30 PM: Community Chefs	6:30 PM: All Woman's Workout	6:30 PM: Creative Arts Open Mic Night		
6:30 PM: FTR Fitness		5:30 PM: Park City FTR Fitness	7:30 PM: Woman's Group	7:00 PM: Last Friday of every month: Movie Night		
		6:30 PM: Music Night				

1331 & 1335 S. Major Street. SLC. UT 84115

www.fit2recover.org

801-410-8988



Orem, Utah



Salt Lake City, Utah

New year, new wellness challenge!

FEBRUARY WELLNESS CHALLENGE

30
CLASSES
IN 40
DAYS

ALL PILLARS
COMPLETE TO WIN A
FTR BEANIE

FEBRUARY 1



RECEIVE AN FTR
TOTE BAG AFTER
SIGNING UP!

\$20
SIGN UP FEE

801-410-8988 OR
JAMES@FIT2RECOVER.ORG

Sign up for February's fitness challenge at the front desk!

FEBRUARY 2ND

FRIDAY NIGHT LIGHTS



6:30 PM

FOOD PROVIDED AFTER WORKOUT

1331 S Major Str, Salt Lake City, UT

www.reallygreatsite.com

Join us for a special workout that we host every first Friday of the month called Friday Night Lights. This class is usually a higher intensity workout with food following!

Welcome to the team, Caroline!



"Finding FTR early in my recovery provided me with a safe and supportive environment to move my body and show up authentically. Even at that time, I began dreaming about working at this organization. I am stoked to be part of the coaching staff and excited to continue my growth and development in this empowering space. Fitness and community have increased my sense of worth and I look forward to providing the space for others to connect with they're inner strength and innate worth."

-Caroline Frasier

Utah County

[Join Us!!](#)

Check out our new Utah County schedule *and* the specialized classes we offer!



FITNESS
CREATIVE ARTS
NUTRITION
COMMUNITY SERVICE



Membership: SL: \$30/Monthly
Drop-Ins: \$5/Class
Food 2 Recover- \$40
1221 S. 1840 W. Orem, UT 84058
801-607-5274

FB: @utahcountyFTR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Noon: FTR Fitness 5:30 PM: FTR Fitness Creative Art Group 7-8:30 PM	Noon: FTR Fitness 5:30 PM: FTR Fitness	Noon: FTR Fitness 5:30 PM: FTR Fitness *After 1pm: Pick Up Meal Prep	Noon: FTR Fitness 5:30 PM: FTR Fitness Music Group 6:45-8 PM *4PM: Meal Prep List Due For Following week	9:00 AM: FTR Fitness	10:00 AM: Boot Camp Every 1 ST Saturday 11:30-1:30 Community Service	Closed

1221 S. 1840 W. Orem UT 84058

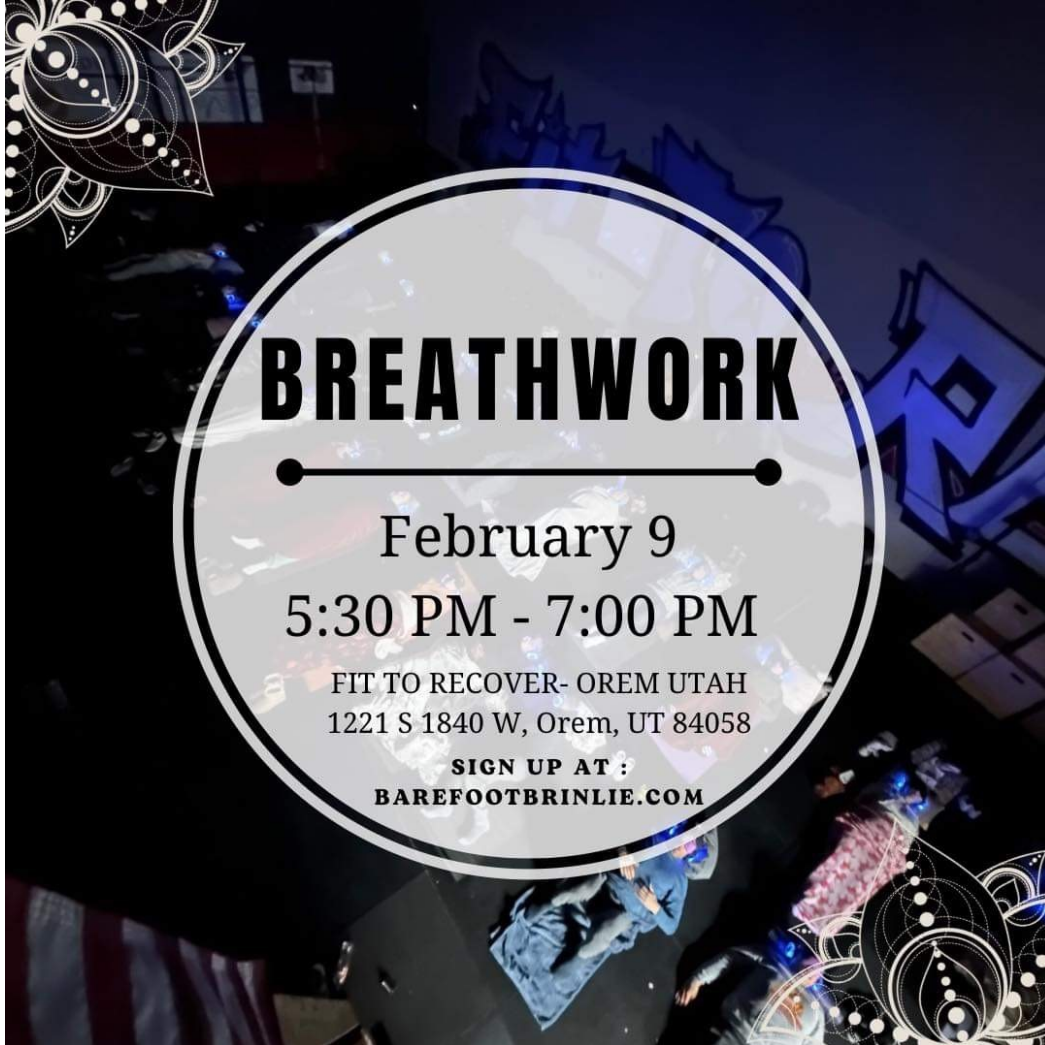
www.fit2recover.org

Join us at our Utah County location for a Valentines Day Card making group! These cards will be given to seniors at nearby senior centers and will be delivered on Valentines Day!

Keep up with what's happening in Utah County by visiting our Orem [Instagram page](#) or [Facebook profile](#).



Along with many other events happening this month, be sure to check out our breathwork event at the Orem location! Sign up to attend at barefootbrinlie.com



For more questions about classes and events at Utah County
contact:

Alex Jeffs-McRae, UT County Community Coordinator at:
alex@fit2recover.org

NUTRITION PILLAR

Stay up to date by visiting our Instagram Page: [Click here!](#)



This month featured some amazing cooking classes and some brand-new participants in the nutrition pillar.

Our guest chef classes featured Paige and Lial. Each brought fantastic recipes that were enjoyed by community members and their families.





We welcomed for the first time a group from the VA who made homemade sweet potato tortillas for a breakfast taco. The other group who joined us were resident doctors from the University of Utah. We were delighted to showcase the power of connection, community, and food.

Creative Arts Pillar

Thank you FTR community for your continued support and engagement with our Creative Arts Pillar! January was our busiest month yet, and thanks to you, it was a successful one!



As usual, you can join us for a jam session:
Wednesdays from 6:30-8:00 pm

Additionally, you can express yourself through painting, drawing, or another medium in one of our art groups:

Thursdays from 6:30-8:00 pm

If you are already in the building for a workout, cooking class, or service project, feel free to stop in and take advantage of our beautiful space and creative resources!



◆ FIT-TO-RECOVER PRESENTS

CYPHER RAP BATTLE

UNDERGROUND EVENT



- Local community rappers, lyricists, emcees, freestylers, etc.
- All attendees welcome
- Random wordplay competition
- Freestyle challenge

FRIDAY | 2.2.2024 | 7:30PM – 9:00PM

ADMISSION

**\$5.00 SUGGESTED
DONATION**

RAP PASS

**\$5.00 SUGGESTED
DONATION**

PURSE

\$100.00

VENUE

FIT-TO-RECOVER
1335 S. MAJOR STREET
SALT LAKE CITY UT.
84115

CONTACT INFO

928-693-9194 | 385-502-0309
peter@fit2recover.org

Cypher/Rap Battle

Our next Cypher/Rap Battle will take place on
February 2nd, at 7:30 pm

Attendance is free, and if you'd like to compete it only costs \$5. There is a \$100 prize for the winner!

Make sure to check MINDBODY for scheduled events. Open Mic will be held on the 2nd and 3rd Fridays of February:

Friday February 9th and Friday February 16th at 6:30pm



Sasha will continue to offer a sound bath meditation on the first Monday of every month, so please join her! It is a great way to center yourself after a long Monday!

Lots of great things happening in Creative Arts! Thanks for your continued support!

COMMUNITY GROUPS/CREATIVE ARTS PILLAR

Wednesdays: Intro to music 5:15; Music Group 6:30

Thursdays: Intro to Music 5:00; Art Group 6:30

Fridays: Open Mic Night 6:30

Last Monday of every month: We will have a sound bath led by Sasha in the Creative Arts space at 7:30pm.

FTR CREATIVE ARTS



STUDIO PRICES

BOOTH:

Vocals Only	\$50/hr
Purchase Beat	\$25

LIVE BAND:

Recording	\$75/hr
Mixing & Mastering	\$50/hr

ADDITIONAL:

Instrumental Accompaniment	\$20/hr
Vocal Accompaniment	\$20/hr

Non-Refundable Deposit \$25

(928) 693-9194

nathan@fit2recover.org

1335 Major Street Salt Lake City, UT 84115

Production Class

If you're interested in learning a new instrument, or the ins-and-outs of music production and mastering, come on Mondays or **Tuesdays from 4:00-6:00 pm**. Nate, Korky, and Peter will share their knowledge with you!

Studio

If you are a musician who wants to take the next step and record your sound, **contact Nate (928) 693-9149** to book a studio time.

Community Service Pillar

Stay up to date by visiting our Instagram Page: [*Click here!*](#)

Thank you to all of you that showed up to make sack lunches In January! It was so great to have the ability to provide PARC with the meals they needed.

A big thank you to the community for all the support you give us, we love you!

HYGIENE KITS

Help us assemble Care Kits for our unsheltered
community

February 17th, 2024

11:30a-1:00p

We will be making 300 hygiene kits, they will then be handed
out in March.



In February we will be putting together roughly 300 Hygiene kits for
our friends around Salt Lake City that need them, please come
connect be of service and help. We will meet at 1331 S Major Street

11:30a-1p February 17th



Contact James Ririe for more information on how you can be of service!

James@fit2recover.org

**Looking for community service hours? We've got you covered!
Please contact:**

Salt Lake City Location - Kristin at (702) 708-5963

Utah County Location - Alex at (801) 592-3602

Upcoming Community Events

SERVICE PROJECT

-together we can change the world-

We will be creating developmental kits
for kids for

Welcome Baby by United Way

JOIN US TO HELP!

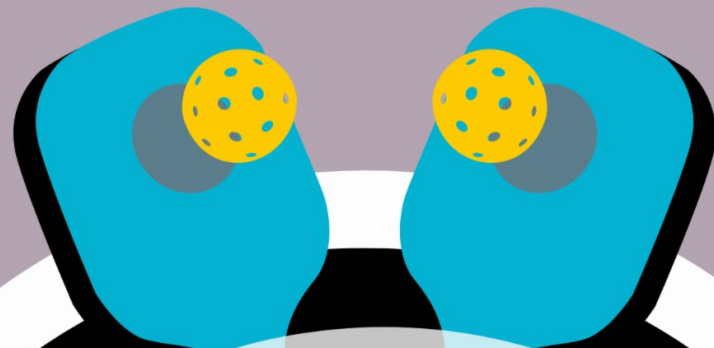
Febuary 3rd | 11am-1:30

1221 S 1840 W
Orem, UT 84058



FTR
FIT TO RECOVER
EXERCISING RECOVERY

Pickleball



February 17th
2-4pm

We will have 4
open courts for
anyone that
would like to
join!

WHERE:

Club Pickleball USA
1330 Sandhill Rd
Orem, UT 84058

Contact Alex
801-592-3602 to get
signed up or more
information



1221 S 1840 W
Orem, UT 84058



Breathwork Class

Friday, Feb 9th

5:30p-7p

Utah County Fit To Recover

***Asking \$10
Donation**

**Come join us while Brinlie teaches another
Holotropic Breathwork class to help explore your
emotions and thoughts in a special way!**



Women's art night

Tuesdays from 6:30-7:30

Join guest female artists from our recovery community teaching different art mediums and techniques in the creative arts space.

light refreshments will be served
1335 S Major Street



Thank you, Volunteers of America!



Volunteers
of America®

UTAH

The VOA offers Behavioral and Mental Health Services to the community, and they work to prevent and eliminate substance use disorders through residential and outpatient services, from prevention to treatment to long-term support.

The VOA in SLC has provided long-term support to Fit to Recover by referring their clients to our classes and continually attending our Monday morning Beginner's Boxing classes. We appreciate the support and love from this organization and their staff, thank you!

WE APPRECIATE YOU!

Thank You to our Corporate & Foundation Partners:

Alan Foundation
American Express
Costco
Davidson Sales & Engineering
George S. & Dolores D.
Eccles Foundation
Larry H. Miller Charities
Macomber Family Charitable Trust (Charitable)
Mark Miller Subaru
Marriner S. Eccles Foundation
Orem City
Performance Automotive
Rocky Mountain Power Foundation
Select Health
Slave 2 Nothing Foundation
Smith's Food and Drug
Sorenson Legacy Foundation
Technology Marketing Inc.
The Daniels Fund
Zions Bank
Zoo, Arts & Parks (ZAP)
Price Real Estate

And Thank You to our Recovery Partners!

Acqua Recovery - Alpine - Ardu Recovery - Ascend Recovery - Balance House - Brighton Recovery - Corner Canyon - Correctional Addiction Treatment Services (CATS) Program - CORE (Valley Behavioral Health) - Gail Miller Resource Center - First Step House - Journey Treatment Centers - New Roads - Newport- 7th Street - Odyssey House - Papillion - Park City Jail - Pinnacle Recovery - Pheonix Recovery - Recovery Ways - Red Barn - Renaissance Ranch Treatment Centers - Live 4 Life - Steps Recovery - Strong Hope/Salt Lake Behavioral Health - Summit County Jail - The Other Side Village - Turning Point Recovery - USARA - Valley Phoenix - Valley Epic

OUR MISSION IS TO PROVIDE PEOPLE IN RECOVERY FROM SUBSTANCE USE DISORDER

WITH A SAFE PLACE TO CONNECT THROUGH FITNESS, NUTRITION, CREATIVE
EXPRESSION, AND COMMUNITY SERVICE.

THANK YOU FOR BELIEVING IN OUR MISSION.

1331 & 1335 S. Major Street Salt Lake City, UT 84115 | 801-410-8988
| fit2recover.org

STAY CONNECTED WITH US ON SOCIAL MEDIA



Fit To Recover | 1331 & 1335 S Major Street, Salt Lake City, UT 84115

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