

January 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: Journey Treatment Center



**JOURNEY TREATMENT**  
**CENTER**

Journey Treatment Center provides private care to adult men and women 18 and older who seek treatment for chemical dependency and alcohol abuse and is located in Salt Lake City, Utah. Our program was built from people just like you, individuals looking for recovery, from former addicts to their wives, husbands, sons, and daughters to the families that have lost their loved ones from addiction. They intimately know the true power of addiction and the grip it can have. The vision for Journey was to build a program that they would want to go to themselves for treatment. One that an individual and their loved ones could feel safe, supported, wanted, and loved on their journey to recovery.

Thank you, Journey Treatment Center for working with FTR to cultivate community, connection and lasting hope for your recovering clients.

**We appreciate you!**

**Help us celebrate 10 years!**



Join us in celebrating 10 years of community and connection! Our 10 Year Anniversary Celebration on January 6th at 6 PM. Enjoy performances from Mike Jones, Mark Battles, and Think Benjamin. Grab from free waffles from Bruges Waffle Bus, capture the night at our Photo Booth, and experience live fire dancers! In accordance with FTR beliefs, please recognize that this will be a sober event and the use of drugs and alcohol will not be tolerated on FTR property.

## Member Spotlights



Kevin Garner, SLC

FTR is one of the of the few places I can fully be myself. It's a place where I come to express gratitude and be at peace and push my body to the limits. Coming to Marina's noon classes is the difference between having a good life and having an amazing life. I love everyone who works there and I'm so proud to be apart of your family. I LOVE FTR!



Bridger Hone, Utah County

Hi, my name is Bridger and I am feeling fantastic. I am so grateful to be recognized as a member of the month, but ultimately, I am far more grateful to be a part of a community that offers an abundance of positive influences. FTR came into my life when I needed an outlet for the pent-up energy that was rattling around inside my mind. I never felt so alone in the world but all of that changed the minute I walked through the door. I was welcomed by smiles and support and this does not change for anyone at any time because FTR truly is a place where you can breathe. The connections I am privileged to experience simply by showing up remind me that I am not alone, that I can do hard things, and that we do recover. How could I not be the most grateful for a community that accepts me for who I am, while simultaneously transforming me into the best version of myself? Or for the recognition of the great person I have become with the help of this community. I simply can't not be grateful when I have been given so many people to be grateful for. Thank you!



Mikel Pepper, SLC

Fit to Recover has made such a strong impact on my life since the first day I walked in. I immediately felt a sense of home and belonging. In the few months that I have attended FTR I have noticed a profound impact on my mental, physical, and spiritual health. It is so beautiful to have a safe place to explore, and get to know more about myself and everyone at FTR. I am so thankful to have found such an amazing community that supports me in my ups and downs in life. I feel so lucky to be a part of FTR.

## **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 <sup>st</sup> , 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](http://www.fit2recover.org)

801-410-8988



Orem, Utah



Salt Lake City, Utah

Join us for Friday Night Lights  
January 5th at 6:30pm



Join us for a special workout that we host every first Friday of the month. This class is usually a higher intensity workout with food following. This month, we will be providing burritos!

Welcome Elijah!



"Hi everybody! My name is Elijah and I'm from Salt Lake City. My Fitness background is that I played football here locally at Taylorsville high school and then Two years at Southern Virginia University. I have been coaching CrossFit for a little over a year, but I have been a personal trainer for 4 years.

My favorite part about being a coach is really just being able to help people and make an impact on their health and fitness. My other job is taking care of adults with disabilities, so helping people is just really my thing.

What brings me into FTR is I have several family members including my mother that have struggled with substance abuse. I grew up the kid who's mom was gone because she was in rehab. I know that struggle, so it means a lot to me to be able to help this community."

-Elijah Bowers

# Utah County

[Join Us!!](#)



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



Membership: SLC: \$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
<p>Noon: FTR Fitness</p> <p>5:30 PM: FTR Fitness</p> <p>Creative Art Group 7-8:30 PM</p>	<p>Noon: FTR Fitness</p> <p>5:30 PM: FTR Fitness</p>	<p>Noon: FTR Fitness</p> <p>5:30 PM: FTR Fitness</p> <p>*After 1pm: Pick Up Meal Prep</p>	<p>Noon: FTR Fitness</p> <p>5:30 PM: FTR Fitness</p> <p>Music Group 6:45-8 PM</p> <p>*4PM: Meal Prep List Due For Following week</p>	<p>9:00 AM: FTR Fitness</p>	<p>10:00 AM: Boot Camp</p> <p>Every 1<sup>st</sup> Saturday 11:30-1:30 Community Service</p>	<p>Closed</p>

1221 S. 1840 W. Orem UT 84058

www.fit2recover.org

We at the Utah County FTR were so grateful for the opportunity to work with The Awareness Project. Together we teamed up for a service project where we were all able to give back to the unsheltered community. Keep up with what's happening in Utah County by visiting our Orem [Instagram page](#) or [Facebook profile](#).



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

**Alex Jeffs-McRae, UT County Community Coordinator at:**

[alex@fit2recover.org](mailto:alex@fit2recover.org)



# NUTRITION PILLAR

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



Celebrity Chef this month showcased community members Kayla and Jay. Kayla shared a chicken and dumpling recipe, and Jay shared a Greek chicken and rice dish. Both spoke to the power of food, culture and community and we are grateful.



The New Year presents an opportunity to evaluate our current nutrition behaviors and make new goals. Our nutrition pillar offers 1- on-1 nutrition coaching to support healthy changes. Use the following link to inquire about a free consultation.

<https://docs.google.com/forms/d/1xTCSsjHAqZu1qtGaRUPJq5oLOC-MB7q-DMYDpbJzo2o/edit?pli=1>

## **Creative Arts Pillar**

Thank you FTR community for your continued support and engagement with our Creative Arts Pillar! December was a busy month, 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!

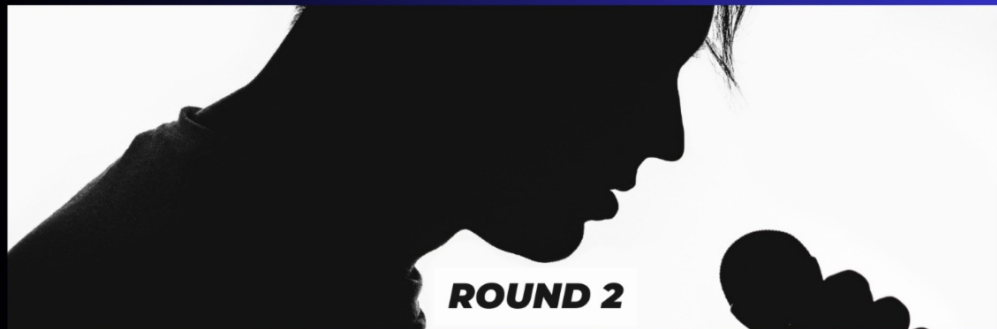




◆ FIT-TO-RECOVER PRESENTS

# CYPHER RAP BATTLE

UNDERGROUND EVENT



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

**FRIDAY | 1.5.2024 | 7:30PM – 9:00PM**

**ADMISSION**

**FREE**

**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

**Friday, January 5th, 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! Special guest artists Mark Battles and Think Benjamin will be in attendance!

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

**Friday January 12th and Friday January 19th at 6:30pm**





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

## **January 29th**

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.



## Breathwork Class

**January 9th from - 6 - 9pm**

Holotropic breathwork followed by a  
soundbath guided by UNVEIL teachers  
Kaitlan & Rachel

Bring a mat, blanket, water and chapstick  
wear comfortable clothing

suggested donation of 5\$



### **Breathwork Event: January 9th at 6:00 pm.**

See the flyer above for details. There is a strict cap of 28 people, so please make sure to sign up ahead of time on MINDBODY.

## **Community Service Pillar**

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



Thank you everyone who came out to give so freely on Christmas this year!! We had record attendance, and it was beautiful to see such a big turnout. Because of you, a lot of people were helped and fed on Christmas day.

**A big thank you to the community for all the support you give us,**

we love you!



January 20th 11:30-1pm we will be putting together sack lunches for The Pamela Atkinson Resource Center. we will make 50-75 lunches to donate. They will be handed out to the community they serve! Contact James if you would like to help FTR give back through service.



We want to give a special shout out to Journey and the FTR Orem community for showing up for the 2023 Christmas service project, we are grateful for your continued support!

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

**[James@fit2recover.org](mailto: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





# MOVIE *Night*



**Saturday 6p-8p**

We will be  
watching  
Dumb & Dumber

Come enjoy the  
fun with popcorn  
and snacks!

**27 JAN 2024**

Bring a  
snack and  
a blanket  
if you  
want!

1221 S 1840 W  
OREM UT, 84058

# Service Project

Come join us to help sanitize and clean another Non-Profit Organization!

We are going to Family Haven in Orem to help, sanitize, and clean at their facility.

- ✓ Meet at 1221 S 1840 W Orem, UT after bootcamp at 11:30
- ✓ Come join us to give back to the community!



  
**FAMILY HAVEN**  
Support • Hope • Healing

# Sack Lunch



1331 S Major  
Street

**11:30AM -  
1:00 PM**

**January 20th,  
2024**

We will be making to-go sack lunches for  
Pamela Atkinson Resource Center.  
We will make 50-75 for them to hand out to  
their members who may be out and about  
during regular lunch times.

**More Info:** [james@fit2recover.org](mailto:james@fit2recover.org)

 801-410-8988

**Thank you, Mental Healthy Fit!**





Mental Healthy Fit aims to succeed in ending mental health stigma through education and entertainment. They have worked with Fit To Recover to bring education and awareness to our recovery community by hosting fun interactive events. Thank you Mental Healthy Fit for the ways you are speaking out to the world around mental health and changing stigma.

WE APPRECIATE YOU!

Do *you* want to  
**improve your  
self-care?**

[mentalhealthyfit.org/workshops](http://mentalhealthyfit.org/workshops)



Want to learn how to take care of yourself better?  
Bring a Mental Health Workshop to your community, school, event, or organization!

Find more information at

Do *you* want to become  
**an advocate for  
your community?**

[mentalhealthyfit.org/workshops](http://mentalhealthyfit.org/workshops)



Want to become an advocate for your community? Bring a Mental Health Mentor Workshop to your community and learn how to understand mental health, support those experiencing mental health issues and communicate

## **Thank You to our Corporate & Foundation Partners:**

4Life  
Amy & Patrick Schlight  
Aqua Recovery  
Balance House  
Blackbaud  
Brighton Recovery  
Charlie's Produce  
Craig Journal Man  
Davidson Sales & Engineering  
Dominion Energy  
Eide Bailly  
Evolve medical  
Floor and Decor  
George S. & Dolores D. Eccles Foundation  
Graef Foundation  
Henry W. & Leslie M. Eskuche Foundation  
Hopkin Oral Surgery  
Hyatt  
Intermountain Healthcare  
JNF Foundation  
K, N, C - P.  
Lou Swaringen  
Mark Miller Subaru  
Marriner S. Eccles Foundation  
Martha & Jory Macomber  
Masonic Foundation of Utah  
Millcreek Nutrition  
More Group  
Moving forward Counseling  
MVP  
Nano Smoothie  
Nick Zurn  
Park City Community Foundation  
Passpack  
Slave 2 Nothing Foundation  
Smith's Food and Drug  
Sobriety Foundation  
Sorenson Legacy Foundation  
Spitz  
Steve Achelis Foundation  
Sunshine Painting  
Tom and Christy Hinkley  
Technology Marketing  
The Church of Jesus Christ of Latter-Day Saints Foundation  
The Community Foundation of Utah

The Daniels Fund  
Upfront Plumbing  
USARA  
Utah Medical Association  
Walmart  
Watson Family  
Zions Bank

## And Thank You to our Recovery Partners!

Acqua Recovery - Alpine - Ardu Recovery - Ascend Recovery - Balance House - Brighton Recovery - Correctional Addiction Treatment Services (CATS) Program - CORE (Valley Behavioral Health) - First Step House - Journey Treatment Centers - La Europa - Life Balance - Newport - Next Step - Odyssey House - Papilion - Park City Jail - Pinnacle Recovery - Recovery Ways - Red Barn - Renaissance Ranch Treatment Centers - Steps Recovery - Strong Hope/Salt Lake Behavioral Health - Summit County Jail - The Other Side Village - Turning Point Recovery - USARA - Valley Phoenix

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](https://fit2recover.org)

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