

April 2025



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](#)

Thank you to our Community Partner:
The Youth VOA & VOA



The Volunteers of America provides community-supported paths for those who are vulnerable to improve their lives and increase their self-reliance. They are a human services nonprofit with over 360 dedicated professionals and rely on the support of more than 8,400 volunteers to deliver compassionate care to over 8,000 individuals annually through programs addressing homelessness, substance abuse, mental illness, and domestic violence.


Volunteers of America, Utah's Youth Resource Center is a drop-in resource center and emergency shelter for all youth aged 15 to 22 experiencing or at imminent risk of homelessness.

We are grateful to work with the VOA and provide transfer to FTR for the Youth VOA residents through our transportation service.

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!



FIT TO RECOVER
EXERCISING RECOVERY

Fitness
Special
Nutrition
New Classes
Creative Arts
Service Projects
Park City Location

Social Media
fit2recover
FTR Community
fit2recover

Cook 2 Connect: \$20
Community Chef: \$10
SLC Drop-in: \$10/Class
Food 2 Recover: \$40/ 5 Meals
SLC Membership: \$50/Monthly
Creative Arts Membership: \$10/Monthly

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30AM: FTR Fitness	6:30AM: FTR Conditioning	6:30AM: FTR Fitness	6:30AM: FTR Conditioning	6:30AM: FTR Fitness	8:30AM: FTR Fitness	9:00AM: FTR Fitness
Noon: FTR Fitness	Noon: FTR Fitness	Noon: FTR Fitness	Noon: FTR Fitness	11:30AM: Serving Lunch @ GMRC 2nd Friday of the month	10:00AM: Bootcamp	10:00AM: Powerlifting
Noon: Advanced Kettlebell	5:30PM: FTR Fitness	4:30PM: FTR Fitness	1:00PM: Mobility	Noon: FTR Fitness	12:30PM: Studio Time (By Appointment Only)	12:00PM: LGBTQ+ Workout
5:00PM: Intro To Music	5:30: Dance To Recover	5:15PM: Intro To Music	5:00PM: Intro To Music	3:00PM: Utah Food Bank Service on 4th Friday of the month	11:30-1:00PM: Service Project 3rd Saturday of the Month	1:00PM: LGBTQ+ Group
5:30PM: Cook 2 Connect	6:30PM: FTR Conditioning	5:30PM: FTR Fitness	5:30PM: FTR Fitness	4:30PM: FTR Fitness		1:00PM: Free Yoga for FTR Members @CorePower Yoga Foothill Location
5:30PM: FTR Fitness	6:30PM: Women's Art Night	5:30PM: Mobility	5:30PM: Park City Fitness	5:30PM: Kettlebell Fitness		
6:00: Trash Clean-Up	Food 2 Recover: Pick up after 4pm	5:30PM: Community Chef or Day with a Dietitian	6:30PM: Creative Arts Group	6:30PM: Open Mic Night		
6:30PM: FTR Fitness		5:30PM: Park City Fitness	6:30PM: ALL Women's Workout	6:30PM: 1st Friday of Month Rap Cypher		
		6:30PM: Music Night	7:30PM: Women's Group			

1331 & 1335 S. Major Street, SLC UT 84115
www.fit2recover.org
801-410-8988

FTR Fitness Trainer Shout out

Casey Erickson

"I've been coming to FTR for almost 9 years and working as an instructor since 2019. I've been thinking of what to say FTR has done for me and what I have found here, and that's hard to do. FTR is not just a building, a gym, or an organization. It is a safe space, a family, and a home away from home. I found confidence, strength, hope, my beautiful and loving wife, and relationships that will last a lifetime and beyond. FTR is a

sacred place for me and the beautiful humans that walk through those doors make it what it is. I wouldn't be the man I am today if it wasn't for Fit to Recover and I am eternally grateful for the community members who have become my family."



NUTRITION PILLAR

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

Celebrating Community and Connection



Nutrition education and cooking classes at FTR are just as fun as ever. The Guest Chef class, held every other Wednesday, provides community members a special opportunity to share their talents or experiences while preparing a yummy meal. Three community members were inspired to “triple-up” for Guest Chef and invite as many friends as possible. One member shared his memories of when he first enjoyed seafood as a salmon loaf, paired beautifully with bacon-wrapped asparagus, and polenta, topped with hollandaise sauce. We were then able to recreate this memory, with his guidance. In FTR’s nutrition classes, we are grateful that members get a chance to open up and share memories and talents.



Join us

Monday nights from 5:30 - 6:30 in the kitchen for Cook 2 Connect
Wednesday nights from 5:30 - 6:30 in the kitchen for Community Chef



Creative Arts Pillar

The Music Showcase in March Was a Hit!

Our Music Showcase was a total blast! It was a night filled with creativity, connection, and energy—proof that art truly brings us together! Stay tuned for more awesome events coming soon!





Intro to Music Mondays at 4:30-6pm

Whether you're picking up an instrument, singing, or simply listening, join us in our intro class to learn more about music.

Music Group Class Every Wednesday at 6:30 PM

Join us for a fun, laid-back jam sesh every Wednesday at 6:30 PM! Bring your own instruments or use ours to create music on the spot in a relaxed, no-pressure environment. Let's make some magic together!

Rap Cypher 6:30 PM: 1st Friday of the Month

This is your chance to show off your lyrical skills in a supportive, hype-filled environment. Whether you're a seasoned rapper or just starting, it's all about the flow and the community vibe! We offer free studio time as the prize to the winner.

We teamed up with Don't Tell Comedy for a night full of laughs, featuring none other than our very own community member, Jordan! The jokes were flowing, the crowd was roaring, and it was an unforgettable evening of comedy and connection. Thanks to everyone who came out to support—laughter truly is the best medicine! Stay tuned for more creative events coming your

way!



Dance Party Vibes!

Dance has been an absolute hit and has brought out some creativity and fun in our community! It's been amazing to see everyone getting down and expressing themselves through dance on *Tuesday nights at 5:30pm*. Let's keep those good vibes going—who's ready to dance their heart out?!



Want to share your creative passions?? Teach a class? Get in the studio? Learn a new style of dance? Hold an Event? Email Kate at kate@fit2recover.org or call her at (385)313-8104

Community Service Pillar

Get Involved with Service This Month!

As the weather warms up, it's the perfect time to connect with the community and make a positive impact! Join us this month for a variety of service opportunities, including an exciting outdoor project in April. Stay tuned to our social media for updates or reach out to James for more details!

Service Events in April:

- April 4th: Youth VOA | 12:00 PM – 2:00 PM: *Location: 888 South 400 West, SLC UT 84101*
- April 11th: Gail Miller Resource Center | 11:30 AM – 1:30 PM *Location: 242 W Paramount Ave, SLC UT 84115*
- April 18th: For the Kids Service | 10:00 AM – 11:30 AM: *Location: 825*

North 300 W, Suite C, SLC UT 84103

- April 25th: Food Bank Service | 3:00 PM – 4:00 PM: *Location: 3150 South 900 West, South Salt Lake UT 84119*

Carpooling Info: For offsite projects, if you'd like to carpool, meet us at Fit To Recover (FTR) 20-30 minutes before the project time. Or, feel free to join us directly at the service location—just be sure to mention you're there to volunteer with Fit To Recover.

Thank you for your continued support of the Service Pillar! If you have any questions, suggestions, or want more details, don't hesitate to reach out to James:

□ Email: james@fit2recover.org

□ Phone: 801-633-8044

Let's make a difference together this month!



Utah County

[Join Us!!](#)

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



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am: Yoga 1 st & 3 rd Mondays of each month						
Noon: FTR Fitness	Noon: FTR Fitness	Noon: FTR Fitness	Noon: FTR Fitness	9:00 AM: FTR Fitness	10:00 AM: Boot Camp	
5:30 PM: FTR Fitness	5:30 PM: FTR Fitness	5:30 PM: FTR Fitness	5:30 PM: FTR Kettlebells		Every 1 st Saturday 11:30-1:30 Community Service	Closed
	Golden Rule AA meeting 7-8PM	*After 1pm: Pick Up Meal Prep		*3PM: Meal Prep List Due For Following week		

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Check out our featured photo from Utah County Fit to Recover! We had a great time hanging out, connecting, and supporting one another in our community. Stay tuned for more moments like this in the future!

Weekly Soundbaths with Erika and Holly

Join us **every Tuesday night** for a relaxing and rejuvenating Soundbath experience with Erika and Holly! The first Tuesday of the month is free for all FTR members. For the rest of the month, we offer the Soundbaths on a sliding scale to make them accessible to everyone.

April 24th: Monthly Breathwork with Brinlie

Our Monthly Breathwork session with Brinlie is happening on **April 24th!** This powerful practice will help you release stress, energize your body, and connect with your breath. You won't want to miss it!

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

Alex Jeffs-McRae, UT County Program Director at:
alex@fit2recover.org



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

Member Spotlight



*Heather Russon,
Utah County*

I don't often interact with individuals who have experienced addiction in my daily life, but there's an undeniable and refreshing humility they seem to carry. Each time I come to FTR, it feels like a reset—a powerful reminder of the direction I want my life to take. It helps me ground myself, reconnect with my intentions, and feel present in my body. I'm deeply grateful for the sense of belonging and home that FTR has created.



Talia DiFulvio, SLC

I first walked into FTR just four days out of detox—my first time in treatment, my first time prioritizing my mental health, and my first personal experience in the world of recovery and sobriety. I had no idea what to expect, but I knew one thing: I needed support. So, I showed up and walked through that orange door.

I didn't know anyone and I had no clue what I was getting myself into... but I walked into ladies art and from that very first class, I felt something different—something powerful—and I have been coming every week since! In February, I celebrated one year sober and I can honestly say FTR has played a huge role in helping me get here and has become a cornerstone of my recovery.

At FTR, I've found a community—people who truly understand, who show up for each other, and who care in a way that's rare and real.

I spend 2-4 days a week at FTR, and every time I walk through the door I feel welcome, supported, and at home—an instant mood boost. Even when I'm not at FTR

I'm probably talking about it, thinking about it, or texting someone from here. Every time I leave a class I feel better—happier, stronger, more grounded, and more connected.

FTR has given me so much more than just a place to workout (...or cook, craft, jam out & give back)

—it has given me a place to connect, heal, grow, and thrive in my sobriety and recovery journey.

I am so grateful for discovering FTR and all the connections I have made!



Herb Cossano, SLC

FTR has been a great supplement to my sobriety. It keeps me active and pushes me, nourishing my physical and mental wellbeing.

The friends I have made here help prop me up. It is always nice to see familiar faces, in an environment I feel comfortable in, all working toward trying to improve themselves and the lives of others.

Recovery Partnership Highlight: Renaissance Ranch



For more than 20 years, Renaissance Ranch has been providing a world-class program of alcohol and drug rehabilitation for adult men. They offer clinically proven and evidence-based practices utilizing multiple treatment modalities in conjunction with an authentic 12-step approach and a combination of spiritual and faith-based principles, including but not limited to EMDR for those suffering from trauma.

Thank you, Renaissance Ranch, for being such a valued part of the FTR family.

Thank You to our Corporate & Foundation Partners:

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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 - House of Hope - First Step House - JJS Decker Lake - Journey Treatment Centers - New Roads - 7th Street - Odyssey House - Papilion - Summit County Jail - Pinnacle Recovery - Phoenix Recovery - Recovery Ways - Red Barn - Renaissance Ranch Treatment Centers - Steps Recovery - Strong Hope/Salt Lake Behavioral Health - Summit County Jail - The Other Side Village - The Haven - Turning Point Recovery - USARA - Valley Phoenix - Valley Epic - Youth Advocacy Program

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
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