

**January 2025**



**FIT TO RECOVER**  
EXERCISING RECOVERY

**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](#)

**Happy New Year from Fit to Recover!**

**As we welcome 2025, we're filled with gratitude for our amazing community. This past year was one of growth, connection, and countless moments of inspiration. Here's to another year of building strong foundations together! Let's jump into what we have planned for this month and beyond.**

## **Giving Tuesday Success**

Together, we achieved our biggest Giving Tuesday ever, raising over \$250,000 to support recovery programs and initiatives. Thanks to your incredible generosity, we met our fundraising goal and can expand our reach in 2025. The impact of your support is felt in every class, every connection, and every new opportunity we're able to offer.



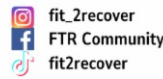
## **FITNESS PILLAR**

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  
Special Nutrition  
New Classes  
Creative Arts  
Service Projects  
Park City Location



Social Media  
fit\_2recover  
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	11:15: <b>Beginners Boxing</b>	Noon: FTR Fitness	11:30AM: <b>Serving Lunch @ GMRC 2nd Friday of the month</b>	10:00AM: <b>Bootcamp</b>	10:00AM: <b>Powerlifting</b>
Noon: Advanced Kettlebell	5:30PM: FTR Fitness	Noon: FTR Fitness	1:00PM: <b>Mobility</b>	Noon: FTR Fitness	12:30PM: <b>Studio Time (By Appointment Only)</b>	12:00PM: <b>LGBTQ+ Workout</b>
5:00PM: <b>Intro To Music</b>	5:30: <b>Dance To Recover</b>	4:30PM: FTR Fitness	5:00PM: <b>Intro To Music</b>	3:00PM: <b>Utah Food Bank Service on 4th Friday of the month</b>	11:30-1:00PM: <b>Service Project 3rd Saturday of the Month</b>	1:00PM: <b>LGBTQ+ Group</b>
5:30PM: <b>Cook 2 Connect</b>	6:30PM: FTR Conditioning	5:30PM: FTR Fitness	5:30PM: <b>Park City Fitness</b>	4:30PM: FTR Fitness		
5:30PM: FTR Fitness	6:30PM: <b>Women's Art Night</b>	5:30PM: <b>Mobility</b>	6:30PM: <b>Creative Arts Group</b>	5:30PM: <b>Kettlebell Fitness</b>		1:00PM: <b>Free Yoga for FTR Members @CorePower Yoga Foothill Location</b>
6:00: <b>Trash Clean-Up</b>		5:30PM: <b>Community Chef or Day with a Dietitian</b>	6:30PM: <b>ALL Women's Workout</b>	6:30PM: <b>Open Mic Night</b>		
6:30PM: FTR Fitness	<b>Food 2 Recover: Pick up after 4pm</b>	5:30PM: <b>Park City Fitness</b>	7:30PM: <b>Women's Group</b>	6:30PM: <b>1st Friday of Month Rap Cypher</b>		
6:30PM: FTR Fitness	6:30PM: <b>Music Night</b>					

1331 & 1335 S. Major Street, SLC UT 84115

[www.fit2recover.org](http://www.fit2recover.org)

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## Brennan Chalmers Runs for Recovery

Brennan Chalmers represented Fit to Recover in the New York City Marathon, raising over \$5,770 in support of addiction recovery. Brennan reflected on his experience:

“Running offers a unique opportunity for reflection, and I wanted to dedicate my run to something that truly mattered to me, Fit to Recover. There are many powerful parallels between completing a marathon and being in recovery—both require perseverance, resilience, and a willingness to push through challenges.

By running for FTR, that has had such a profound impact on my life, I approached the New York Marathon with a deeper sense of purpose, and as a result, I found the experience even more rewarding and fulfilling.”



## **NUTRITION PILLAR**

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

### **Celebrating Community and Connection**

A big thank you to all the guest chefs who have shared their recipes, stories, and traditions with us in the FTR kitchen! These gatherings are about so much more than food—they're about connection, community, and celebrating where we come from.

Pictured here is FTR member Colby Devore, who brought the flavors of his heritage to life by sharing his family recipe for Navajo Tacos. This dish not only filled our plates but also warmed our hearts as Colby shared the story behind this beloved family tradition.



## Creative Arts Pillar

### **5,000 Minutes of Creativity on Giving Tuesday!**

We did it! Thanks to our incredible community, the Creative Arts pillar hit our ambitious goal of 5,000 minutes of making music, art, dancing, and singing during Giving Tuesday. The energy, creativity, and connection were truly inspiring.

We're so grateful for everyone who showed up, participated, and supported this beautiful day of expression and recovery. Together, we're proving the power of creativity in building stronger connections and brighter futures.

Thank you for being part of our journey!



### **Intro to Music** **Mondays at 5:30pm**

Our Music Pillar is all about using rhythm, melody, and lyrics to express emotion and build connection. Whether you're picking up an instrument, singing, or simply listening, music provides a powerful outlet for creativity and healing.

### **Dance 2 Recover** **Tuesdays at 5:30pm**

Join us every week for our Dance class, where movement meets creativity, and you can express yourself, build confidence, and have fun in a welcoming, high-energy environment!

### **Intro to Music** **Wednesdays at 5:15pm**

Unleash your musical potential in our Intro to Music class, now taught by Peter! Whether you're a beginner or looking to refine your skills, this class offers a fun and supportive space to explore rhythm, melody, and creativity.

**Join us for Open Mic every Friday of the month, except the first Friday, which features our Rap Cypher Battle! It's the perfect chance to share your music, poetry, or spoken word with the community.**

Make sure to check MINDBODY for scheduled events.

# Community Service Pillar

## **Spread the Joy: FTR Christmas Outreach**

December was a truly inspiring month for the Service Pillar! We're incredibly grateful for everyone who stepped up to pass out clothing, serve meals, and sort through donations at the food bank. Your generosity and dedication continue to strengthen our community.

Upcoming January Service Projects:

- January 10th: Gail Miller Resource Center | 11:30 AM - 1:30 PM
  - January 24th: Food Bank Service | 3:00 PM - 4:30 PM
- January 18th: Monthly Weekend Service | 11:30 AM - 1:00 PM

Join us in giving back, building connections, and making a difference. Thank you for your continued support of the Service Pillar—together, we create a stronger, more compassionate community!

FIT TO RECOVER



# CHRISTMAS OUTREACH

SPREAD HOLIDAY CHEER  
BY HELPING US PASS OUT  
FOOD AND CLOTHES TO  
OUR UNSHLETTERED  
NEIGHBORS

**DECEMBER 25TH  
9AM**

1331 SOUTH MAJOR  
STREET



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

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

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

## 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 <sup>st</sup> & 3 <sup>rd</sup> 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 <sup>ST</sup> 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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# We're Moving!



This year's Giving Tuesday was a remarkable reminder of the power of community and generosity. Thanks to your support, we were able to raise critical funds for our programs and continue making a meaningful impact in the lives of those we serve. We couldn't do this without you—thank you for being part of our mission.

As we close out the year, we're excited to share that FTR Orem will be moving to a new location in Provo around the first of the year. This move represents a new chapter for our community, and we're committed to making the transition as seamless as possible. Our goal is to resume business as usual quickly while enhancing the experience for all who walk through our doors. Stay tuned for updates as we prepare for this exciting change.

Start the new year with clarity and connection. We're thrilled to host our first breathwork session of 2025 in our new Provo location on January 16th. This is a great opportunity to reset and focus on the year ahead. We look forward to seeing you there.

Stay connected with us for more updates and details about our programs and events as we begin this exciting new chapter together.

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

**Alex Jeffs-McRae, UT County Program Director at:**

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



**JANUARY**  
**BREATHWORK**  
FACILITATED BY BRINLIE WARDEN

- Thursday January 16th
- 7 pm to 8:30 pm
- Fit to Recover Utah County

REGISTER AT [BAREFOOTBRINLIE.COM](https://barefootbrinlie.com)

**\$20 SUGGESTED DONATION**

**FTR**  
FIT TO RECOVER  
EXERCISING RECOVERY

The poster features a central image of a person in a white robe performing breathwork in a dimly lit room with colorful lights. The background is light green with decorative swirls and a leaf motif.



**FTR**  
FIT TO RECOVER  
EXERCISING RECOVERY

**WE'RE MOVING!**

We are excited to announce that Utah County Fit To Recover will be moving to our new Provo location at the end of the month! Details coming soon!

**WE'RE MOVING!**

**FTR**  
FIT TO RECOVER  
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The graphic has a red background with white and yellow icons of a kettlebell, a dumbbell, and a truck. The FTR logo is repeated at the top and bottom.

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

## Member Spotlight



*Alec Schonberg,  
Orem*

FTR has done a lot for me, it's a safe place where I can go and be myself. I can connect with people from the community that understand what I'm going through and what I've been through. It's helped me tremendously with both my mind and body. FTR has been a huge part of both my life and sobriety and helped get out of my shell.



*Sara Armantrout,  
SLC*

FTR came into our life just over a year ago and in that year it has given me and my little family not only a place to feel better physically and mentally, but has allowed us to connect as a family in a way that I did not expect. We have met amazing people and felt more welcome than I can express. Watching my daughter connect with others, participate, feel strong and proud of herself and most importantly hear and see that it is okay to struggle, it's okay to need help sometimes - see that those things do not mean you are less than and that people will be there to lift you up. That is something I never expected and value beyond measure



*Kasey Healy, SLC*

When I first started at FTR my goal was to come at least three days a week instead I find myself here six days a week usually at 6:30 AM which I think speaks to the power of how amazing this community is and how supportive and safe this space is and that's really special. I gotta give a shout out to the 6:30 AM crew and all the coaches and staff here who have been amazing. FTR has forever changed my life and I couldn't imagine starting day without coming here.

## **Recovery Partnership Highlight: Warrior Spirit**



We are excited to welcome Warrior Spirit as the newest partner in the Fit to Recover community!

With a mission "to treat the malady of mind, body, and spirit through the healing of generations while introducing traditional medicine and comprehensive care," Warrior Spirit brings a holistic and compassionate approach to recovery. Their dedication to addressing the deeper roots of addiction and promoting healing at every level aligns beautifully with our shared vision of connection and growth.

We are honored to partner with Warrior Spirit and look forward to working together to create lasting change in the recovery community. Welcome to the FTR family!

**Thank You to Our Community Partner:  
KUHL**

# Goldman Sachs

We are proud to recognize Goldman Sachs as our Community Partner of the Month!

Thank you for your incredible support during our sock handout service project last month. Your generosity and teamwork helped us provide warmth and comfort to those in need as winter sets in. By showing up for the community, you exemplify the power of partnership and the importance of giving back. We are so grateful for your dedication to making a positive impact and your commitment to helping us serve the recovery and unsheltered communities.

Together, we are building stronger connections and creating meaningful change.

**Thank you, Goldman Sachs, for being such a valued part of the FTR family.**

## Thank You to our Corporate & Foundation Partners:

Adobe  
Allen Foundation  
American Express  
Costco  
Davidson Sales & Engineering  
George S. & Dolores D.  
Goldman Sachs  
Eccles Foundation

Intermountain Healthcare  
Larry H. Miller Charities  
Macomber Family Charitable Trust  
Mark Miller Subaru  
Marriner S. Eccles Foundation  
Orem City  
Park City Foundation  
Performance Automotive  
Price Realty  
Rocky Mountain Power Foundation  
Select Health  
Sobriety Foundation  
Slave 2 Nothing Foundation  
Smith's Food and Drug  
Sorenson Legacy Foundation  
SYLA  
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 - JJS Decker Lake - Journey Treatment Centers - New Roads - Newport- 7th Street - Odyssey House - Papillion - Summit County Jail - Pinnacle Recovery - Phoenix 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 - 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  
| [fit2recover.org](http://fit2recover.org)**

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