

July 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:
Nate Wade Subaru

NATE WADE
SUBARU

A KEN GARFF RETAILER

Nate Wade Subaru employees have generously supported Fit to Recover as an organization as well as sponsored our 5k this year. We are grateful for this new relationship with Nate Wade and we look

forward to growing a partnership moving forward!

Thank you, Nate Wade Subaru, for being such a valued part of the FTR family.

FITNESS PILLAR

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


2025 5k Walk/Run for recovery success

Thank you to everyone who came out and helped in our biggest annual summer fundraiser event! We are so grateful to all the volunteers that came out to help for our most successful 5k yet. It would not be possible without your help, thank you!





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

<div>  <div> Fitness Special Nutrition New Classes Creative Arts Service Projects Park City Location </div> <div> Social Media fit_2recover FTR Community fit2recover </div> <div> 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 </div> </div>						
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		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	11:30-1:00PM: Service Project 3rd Saturday of the Month	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		5:30PM: Community Chef or Day with a Dietitian	6:30PM: Creative Arts Group	6:30PM: Open Mic Night		
6:30PM: FTR Fitness	Food 2 Recover: Pick up after 4pm	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

Steph West

“I am so grateful for this nomination! I love being a trainer at FTR. I have always had a passion for fitness and I’ve thoroughly enjoyed working in recovery over the last few years. The fact I get to combine the two holds a special place in my heart. The correlation between fitness and recovery has played a huge role in my own recovery, so to have this opportunity to work at a place that aligns with my values is where I feel incredibly blessed. I get to do what I love with the people I love. I get to show up authentically because I truly believe in everything FTR stands for. The joy I feel is immeasurable.”



NUTRITION PILLAR

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

Celebrating Community and Connection
- through nutrition -



This month FTR's classes have become more diverse and vast. We've had consistent community members volunteers as guest chefs, including vegan meals and meals with no red meat to cater towards heart-healthy diets. We also launched monthly nutrition classes in our Provo location. Community members were able to gain knowledge and interest about the interactions between the foods we eat and our mood and energy. We hope that people continue to deepen their relationships with food as they attend increasingly popular FTR cooking classes.



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 June drag show was a huge success! Thank you so much to everyone who came out, showed support, and helped make the night so special. The energy, talent, and sense of community were incredible, and we're so grateful to all the performers and volunteers who brought it to life. Can't wait for more great 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.

Welcome to the Team, Talia!



We're thrilled to officially welcome Talia to the Creative Arts team! Talia has been a consistent, uplifting presence in our Creative Arts pillar and a huge support in our weekly Ladies Art Night on Tuesdays at 6:30pm. Her love for the arts, dedication to personal growth, & deep care for the community have truly made an impact. We're excited to have her on the FTR team and can't wait to see all the beauty she continues to help create!

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

Service Events in May

Thank you to everyone who came out and helped in the month of June! We are so grateful to all the volunteers that came out to support FTR every month.

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		

1221 S. 1840 W. Orem UT 84058

www.fit2recover.org

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

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

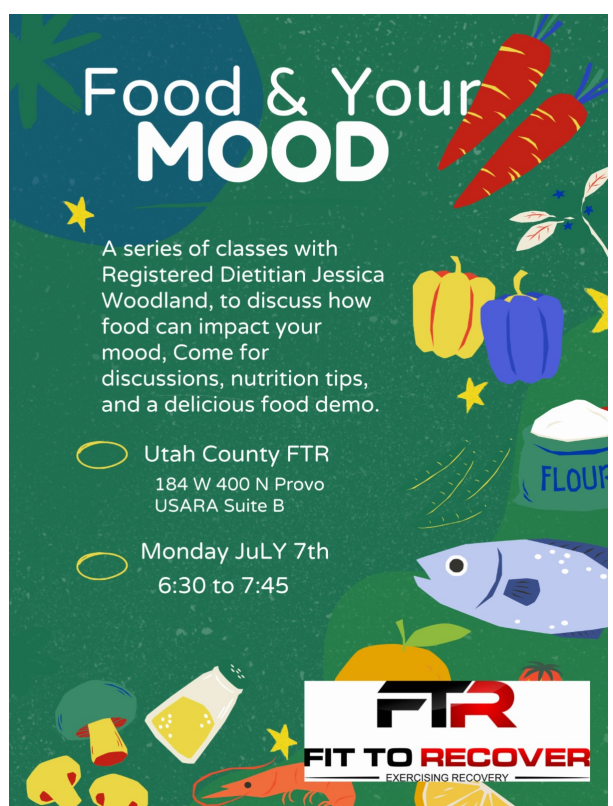
Upcoming in Utah County

Join us on ***Tuesday, July 1st at 7 PM*** for our free monthly Community Soundbath with Holly and Erika! This is a beautiful opportunity to slow down, reset, and connect through sound and stillness.

Check out the fliers below for more fun and meaningful events happening this month in FTR Utah County!



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



Member Spotlight



Zak Farr, Utah County

FTR is such a great experience for me. I didn't realize how much I needed to be a part of something and over the time I've been with FTR, I've felt more accepted and appreciated by amazing people who have become family to me, something I've been searching for my whole life.

Elijah Cumbrow, SLC

Fit to recover has helped me realize that community is not also important but also loving it's helped me realize that I can make healthy relationships with others and be a healthy person it's given me hope for better things down the road and also Mack & cheese is really awesome and helped me along the way.

Recovery Partnership Highlight: Phoenix Recovery Center



The Phoenix Recovery Center utilizes a balance of pharmacological support and therapy practices supported by research to effect change. They offer individually tailored, research-driven treatment for a wide variety of mental disorders.

Thank you, Phoenix Recovery Center for always working closely with Fit to Recover and supporting us during our annual 5k this year. We love you!

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
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 Haven
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 - 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
| fit2recover.org**

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