

**June 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:**  
**American Express**



American express executives came to visit FTR and see how we function as an organization. They are working to actively support our nutrition pillar as well as our upcoming cottage kitchen cookie project. We are grateful for them and that they are willing to see and support how we impact the community and change the world.

Thank you, American Express for being such a valued part of the FTR family.

# FITNESS PILLAR

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

Mark your calendars  
for FTR SLC's annual 5k walk/run for recovery!



Sign up with the QR code or by clicking on this link below:

[FTR 5K Link](#)



**FIT TO RECOVER**  
EXERCISING RECOVERY

# 5K FOR RECOVERY

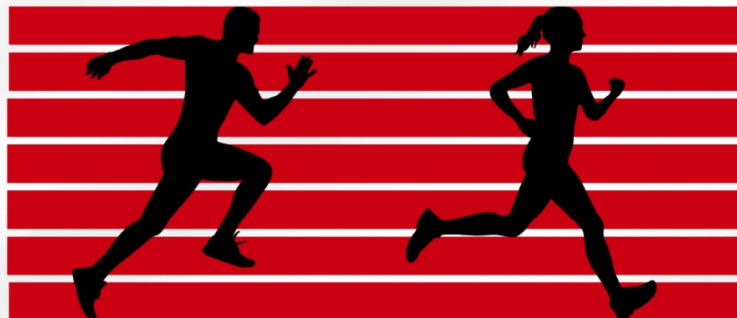
**SATURDAY JUNE 21ST 2025**



**8 AM START AT FTR GYM**

Join FTR in our Annual 5k. We will start from 1331 S Major Street and make our way around Liberty Park and back to FTR.

Contact James for more info: [james@fit2recover.org](mailto:james@fit2recover.org)  
[fit2recover.org](http://fit2recover.org)



We can't wait to celebrate recovery with you all at this event! Bring your family & friends and join us for some music, connection, art, food and community. We can't recover alone, we recover together!

*Reach out to James or Savannah to volunteer in our upcoming 5k. June 21<sup>st</sup>, we will need volunteers to help for the entirety of the event from 6am-12pm.*

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

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

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: Park City 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	6:30PM: Creative Arts Group	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: ALL Women's Workout	6:30PM: Open Mic Night		
6:30PM: FTR Fitness		5:30PM: Park City Fitness	7:30PM: Women's Group	6:30PM: 1st Friday of Month Rap Cypher		

1331 & 1335 S. Major Street, SLC UT 84115

www.fit2recover.org

801-410-8988

## FTR Fitness Trainer Shout out

### Benjamin Bennedict

"Hi! I've been part of the FTR community close to 6 years. Becoming a trainer and integrating all that I've learned in recovery to my practice, discipline & coaching brings me great joy. The morning classes are my favorite classes to coach!!

Come to my 6:30am classes in SLC Wednesday-Friday. I love the opportunity to connect deeper with the community by sharing what I love."







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.



## HOW TO OVERCOME CRAWINGS

Change routine

Eat slower

Connect with others

Drink water, how much do you drink?

Limit refine grains/sugar

Offer more complex carbs

Eat breakfast everyday

Small frequent meals

Choose fruits

Exercise daily

Reduce/eliminate caffeine

Sleep 7-9 hours

Relax and enjoy down-time

Wait 10-15 minutes before eating more

### 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

On May 23rd, we were thrilled to partner with Justice by Objectives for an exciting Karaoke Night from 6:00 to 9:00 PM. It was a fantastic evening filled with music, community, and fun as we came together to celebrate connection and creativity.



**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 are excited to host a Drag Workshop on **May 31st**, leading up to our Drag Show on **June 14th**! This workshop offers a supportive and inclusive space for individuals to explore and develop their drag performance skills, learn about the art of drag, and discover new ways to express themselves creatively and confidently.

Join us for our second annual FTR Drag Show in June



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](mailto:kate@fit2recover.org) or call her at (385)313-8104

## Community Service Pillar

### Service Events in May

Thank you all for another great month of service! May was a great month, and we are so happy to have worked in the community doing big things.

Shout out to Goldman Sachs for showing up with us to help Tree Utah plant trees at the Tracy Aviary nature center.



## Event Schedule

**June 13<sup>th</sup> 11:30a-1:30p @ Gail Miller Resource Center Serving Lunch.**

**June 27<sup>th</sup> 3p-4:30 @ Utah Food Bank, doing anything they need.**

Please reach out to James directly @ [james@fit2recover.org](mailto:james@fit2recover.org) if you need any more info or have a service project you think would be fun for our community.

Thank you again for all the love and support you give the service pillar and our community in need!

## **Need a Ride?**

If you'd like to carpool to any offsite events, please arrive at FTR 30 minutes prior to the start time.

Let's make May meaningful—see you there!

Email: [james@fit2recover.org](mailto: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!



FITNESS  
CREATIVE ARTS  
NUTRITION  
COMMUNITY SERVICE



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

FB: @utahcountyFTR IG: fit2recover\_utah\_county

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		

1221 S. 1840 W. Orem UT 84058

[www.fit2recover.org](http://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](mailto:alex@fit2recover.org)**



Three red soccer balls are arranged in a cluster. The top ball features the FIT TO RECOVER logo. The background is dark red with white double arrow graphics on the sides.

# KICKBALL Tournament

Whether you're in it to win or just here for the fun, this is your chance to kick balls and run away, all while connecting with others!

**KICK | RUN | CONNECT**

**SATURDAY JUNE 28<sup>TH</sup> AFTER BOOTCAMP**

Lindon Park      200 N St, Lindon, UT      Questions? ask Colt!



The background is green with various food items like carrots, pumpkins, peppers, mushrooms, a fish, and a bowl of flour. The FIT TO RECOVER logo is at the bottom right.

## FOOD & YOUR MOOD

A series of classes with Registered Dietitian Jessica Woodland, to discuss how food can impact your mood. Come for discussions, nutrition tips, and a delicious food demo.

UTAH COUNTY FTR  
184 W 400 N Provo  
USARA Suite B

MONDAY JUNE 2<sup>ND</sup>  
6:30 TO 7:45

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



The background is a photograph of Squaw Peak. The FIT TO RECOVER logo is at the top center.

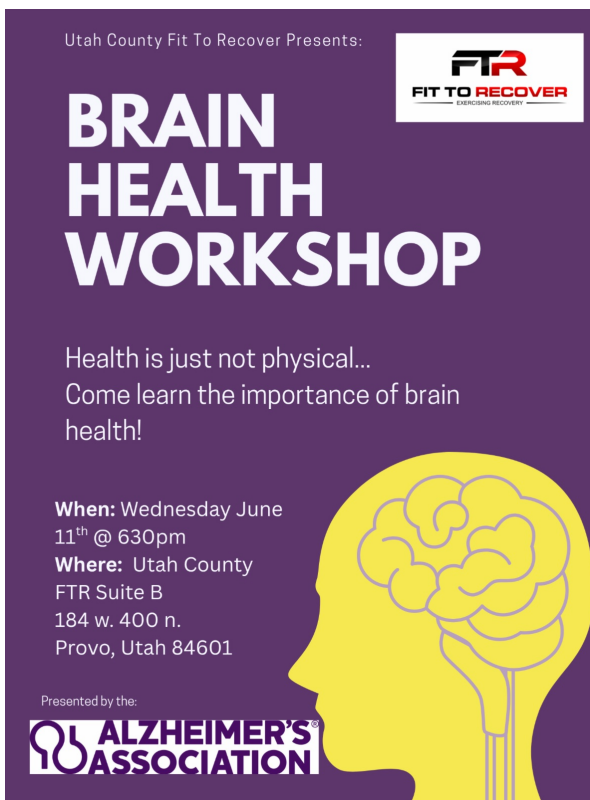
## SQUAW PEAK

**Sunday 6/29**  
**9:30 AM**

-We will meet at the rock canyon trailhead

-2620 N 1450 E Provo Utah 84601

-Be sure to bring water! See Colt or Alex for more details!



The background is purple. The FIT TO RECOVER logo is at the top right. A yellow silhouette of a head with a brain inside is on the right side.

Utah County Fit To Recover Presents:

## BRAIN HEALTH WORKSHOP

Health is just not physical...  
Come learn the importance of brain health!

**When:** Wednesday June 11<sup>th</sup> @ 630pm  
**Where:** Utah County FTR Suite B  
184 w. 400 n.  
Provo, Utah 84601

Presented by the:

**ALZHEIMER'S  
ASSOCIATION**

## Member Spotlight



*Kylie Martinha,  
Utah County*

What an incredible community! As a newcomer early last year I was skeptical about how I would be received into this new group of people. Utah County FTR engulfed me in so much love and made me feel not only welcomed but right at home.

There have been countless days where I have been struggling and have told myself “Just make it to FTR and you’ll be okay”. Every single time

I leave, I feel better than when I arrived. I am so grateful to be part of this community, all that it does and all that it stands for.



*Shevaun Cash, SLC*

I love coming to FTR for the connections and the community. I can work out anywhere, but nowhere else is supporting my sobriety journey the way FTR does.

I can exercise, cook, go to a meeting, dance and socialize, all while building deep and meaningful relationships with the people around me. I feel blessed to walk through these doors, every time!

## **Recovery Partnership Highlight: Utah Department of Corrections**





When an individual enters UDC custody or supervision, they develop a tailored plan to support their personal growth, help them make progress, and prepare them for reintegration into society as productive citizens. Whether serving a sentence of 30 days or 30 years, every individual has the potential for positive change, and they are committed to creating an environment where hope and transformation can thrive.

**Thank you, UDC, for taking leaps of action to work with community resources & Fit to Recover in a way that can help people move forward with positivity, community and connection.**



## **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](https://fit2recover.org)

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