

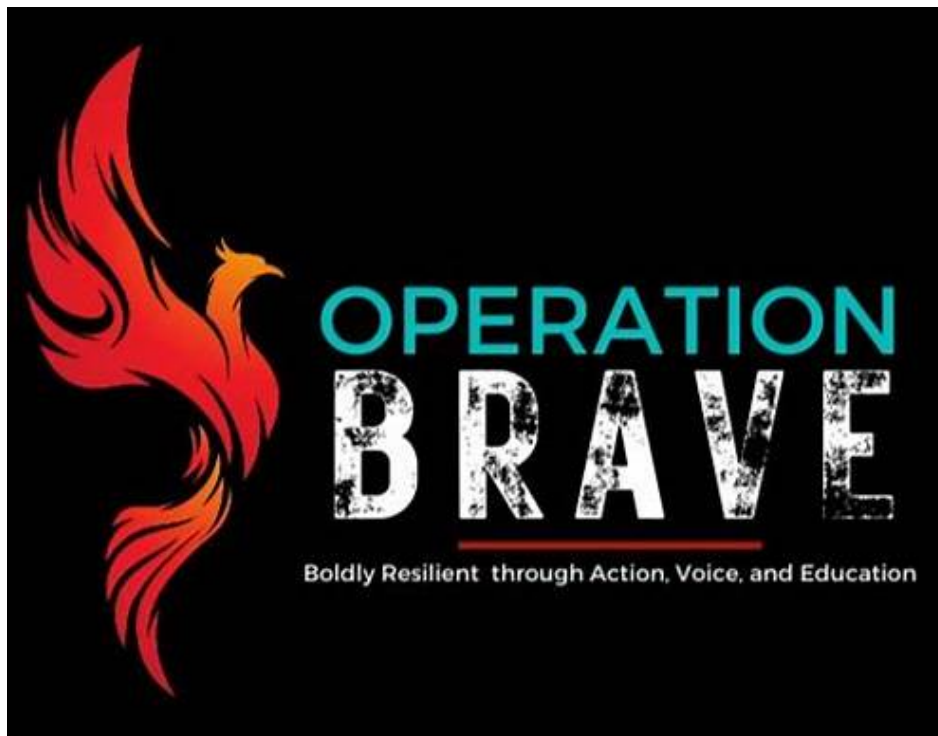
**March 2025**



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:**  
**Operation Brave**




On February 22nd, we hosted our first event in collaboration with Operation BRAVE. The engaging self-defense workshop offered participants valuable real-world defense and empowerment skills, all taught by trauma-informed instructors who are experts in hand-to-hand combat, violence prevention, and real-world violence. We are incredibly

grateful for the opportunity to partner with such a fantastic organization.  
For more information, visit [operationbrave.com](http://operationbrave.com).

## 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: 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: Community Chef or Day with a Dietitian	6:30PM: Creative Arts Group	5:30PM: Kettlebell Fitness		
6:00: Trash Clean-Up		5:30PM: Park City Fitness	6:30PM: ALL Women's Workout	6:30PM: Open Mic Night		
6:30PM: FTR Fitness	Food 2 Recover: Pick up after 4pm	6:30PM: Music Night	7:30PM: Women's Group	6:30PM: 1st Friday of Month Rap Cypher		

1331 & 1335 S. Major Street, SLC UT 84115
[www.fit2recover.org](http://www.fit2recover.org)
801-410-8988

## FTR Fitness Trainer Shout out

### Felicia Ferry

"I have been a trainer at FTR for about three and a half years. I recently got certified as a personal trainer, and I love working at FTR because it is like no other gym. My favorite aspect of working here is the connections and friendships I make; it doesn't matter who you are, everyone is welcome."



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## **NUTRITION PILLAR**

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

**Celebrating Community and Connection**





The nutrition program at FTR has been steadily growing and expanding each month. Attendance at our Monday and Wednesday night cooking classes has increased and stabilized, reflecting strong community interest.

We're also excited to share that creativity in the kitchen has extended to families through our new monthly Family Night at FTR. Held at the end of each month, families come together to enjoy a shared meal along with creative arts or physical activities, fostering connection and fun.



In February, we expanded our reach by offering nutrition classes to 3 new treatment centers/state facilities. These initiatives have helped many more individuals feel empowered by gaining practical nutrition knowledge.

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

### **Valentine's Dance Success**

A big thank you to everyone who joined us at our Valentine's Dance – it was a fantastic time! A special shoutout to Ruby Snap for their generous donation of delicious cookies. We truly appreciate your support!

### **Important Update for Intro to Music**

We're excited to announce that the Intro to Music class will now be held on Mondays from 4:30 PM to 6:00 PM. Be sure to mark your calendars!

### ***Save the Date!***

Don't miss our Music Showcase on **March 15th!** It's going to be an event you won't want to miss!





**Intro to Music**  
**Mondays at 4:30-6pm**

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.



Make sure to check MINDBODY for scheduled events.

## Community Service Pillar

We have made a change to our monthly Saturday service projects. Stay tuned to social media and announcements in class and on the white boards for quarterly service projects.

### **March 7th- For the Kids at 10am**

This is our first project with For the Kids, we will be making lunches for kids in need while they aren't in school for the weekend! \*

Carpool meeting at FTR 9:30am

**March 14<sup>th</sup>- Serving Lunch at Gail Miller.**

Carpool meeting at FTR 11am.

**March 28<sup>th</sup>- Food Bank Service 3-4:30**

Carpool meeting at FTR 2:30pm



For any off-site projects please arrive at FTR 15-20 minutes to carpool. You are also welcome to meet at the location such as Gail Miller Resource Center or The Food Bank. Make sure you state that you are there with FTR.

Thank you all for your continued support, if you have any questions or ideas for future projects contact James by email or text; [james@fit2recover.org](mailto:james@fit2recover.org) - 8016338044

## 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				9:00 AM: FTR Fitness	10:00 AM: Boot Camp	
Noon: FTR Fitness	Noon: FTR Fitness	Noon: FTR Fitness	Noon: FTR Fitness			
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



Group photo at Kate's last Utah County Community Kettlebell class.  
We are really going to miss her in Utah County!

March at FTR Utah County– Exciting Events & Programs!  
We're thrilled to announce a month full of opportunities for connection, fitness, and

fun. Check out what's coming up this March:

### **Weekly Soundbaths – Every Tuesday at 7 PM**

Join us every Tuesday evening for a relaxing Soundbath experience. As a special perk, the first Tuesday of every month is free for community members! Don't miss out on this rejuvenating weekly practice.

### **Improv Night with Nicole – Rescheduled for March 20th**

Due to cancellations this month, we're moving our popular Improv Night with Nicole to March 20th. Get ready for an evening of laughs, creativity, and fun!

### **Partners Open House, Ribbon Cutting, and Grand Opening Party – March 21st**

Join us for a special event as we celebrate our incredible partners and officially kick off the season! Enjoy a ribbon cutting ceremony followed by a grand opening party. We can't wait to celebrate with you!

We look forward to seeing you at these exciting events. Let's make March a month to remember!

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)**

FTR MARCH SERVICE

## NEIGHBORHOOD CLEANUP DAY!

FOR MARCH SERVICE WE WILL BE SHOWING LOVE TO OUR COMMUNITY BY PICKING UP TRASH IN OUR NEIGHBORHOOD

**03/01/2025**

11:30 AM - 1:30 PM

UTAH COUNTY FIT TO RECOVER  
184 W 400 N PROVO, UT 84601

SIGN UP WITH COLT AT THE FRONT DESK

WE WILL BE STARTING AT THE GYM AND WORKING OUR WAY TO THE PARK BY THE REC CENTER



**FTR**  
FIT TO RECOVER  
UTAH COUNTY

# BREATHWORK

WITH BRINLIE



THURSDAY, MARCH 27TH  
7 PM TO 9 PM

UTAH COUNTY FTR 184  
W 400 N PROVO, UT  
84601

\$20 SUGGESTED  
DONATION

REGISTER AT  
[WWW.BAREFOOTBRINLIE.COM](http://WWW.BAREFOOTBRINLIE.COM)



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

## Member Spotlight



*Kent Lemon,  
Utah County*

"I feel FTR helped to save my life over a year ago. A friend told me about this place where he was going to exercise. I had been under a lot of stress and



*Joshua Workman,  
SLC*

Fit to Recover to me is a much needed break from the outside world, meeting with like minded individuals within recovery. It's a place where I can be open and



*Janessa Peck, SLC*

I have so much gratitude for Fit 2 Recover. The sense of community here is truly remarkable; it's unlike any other gym experience I've had. The accountability I've gained



had some blood clot problems. It was very hard at first, I felt so awkward and clumsy (sometimes still do), but I stuck with it. The staff is incredible. They work with us older people and make it fun for us. I'm hooked. If I miss a day, I feel like something isn't right. Thank you, FTR!

honest about my struggles and gives me the ability to let go of my emotional stressors through a physical workout that's enjoyable. The accomplishment of each workout creates examples of successfully working through adversity that I take back with me out into the real world.

through this program has been a game-changer in my fitness journey and my recovery. The instructors bring so much passion to the work they do, and that energy is contagious, motivating me to push further than I ever thought possible.

FTR has brought an immense amount of joy to my life, and for the first time ever, I have stayed consistent with my gym routine. I'm so grateful to be a part of this amazing environment!

## Recovery Partnership Highlight: Odyssey House



ODYSSEY HOUSE  
A NON-PROFIT

We are proud to recognize Odyssey House as our Community Partner of the Month!

Founded in 1971, a 501(c)3, Odyssey's mission is "empowering people to heal and build better lives." They are the largest and most comprehensive addiction program in Utah. Every decision made at Odyssey hinges on what is best for those they serve. Their programs treat the "whole person" with evidence-based models to help people successfully overcome each barrier they may face. Their services genuinely address each aspect of the individual, producing whole person change.

**Thank you, Odyssey, 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  
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)**

STAY CONNECTED WITH US ON SOCIAL MEDIA





Try email marketing for free today!