

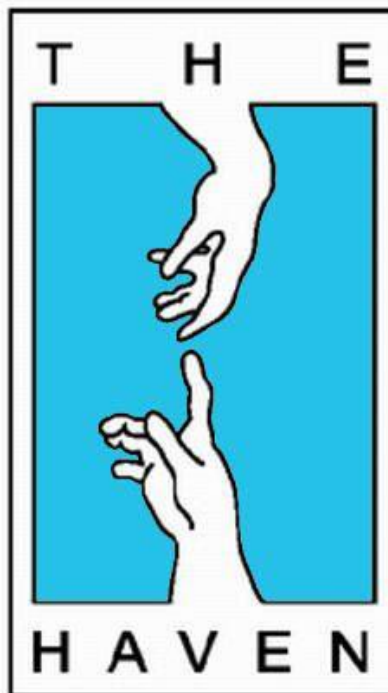
May 2025



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 Haven




At The Haven, they're dedicated to empowering individuals aged 18 and older on their path to recovery from substance use disorder. Through affordable and effective treatment services, they provide a safe haven for transformation, fostering hope and guiding toward a brighter future.

Thank you, The Haven, for being such a valued part of the FTR family.

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!

<div><div> FIT TO RECOVER <small>EXERCISING RECOVERY</small></div><div><p>Fitness Special Nutrition New Classes Creative Arts Service Projects Park City Location</p></div><div><p>Social Media fit2recover FTR Community fit2recover</p></div><div><p>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</p></div></div>						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30AM: FTR Fitness Noon: FTR Fitness Noon: Advanced Kettlebell 5:00PM: Intro To Music 5:30PM: Cook 2 Connect 5:30PM: FTR Fitness 6:00: Trash Clean-Up 6:30PM: FTR Fitness	6:30AM: FTR Conditioning Noon: FTR Fitness 5:30PM: FTR Fitness 5:30: Dance To Recover 6:30PM: FTR Conditioning 6:30PM: Women's Art Night Food 2 Recover: Pick up after 4pm	6:30AM: FTR Fitness Noon: FTR Fitness 4:30PM: FTR Fitness 5:15PM: Intro To Music 5:30PM: FTR Fitness 5:30PM: Mobility 5:30PM: Community Chef or Day with a Dietitian 5:30PM: Park City Fitness 6:30PM: Music Night	6:30AM: FTR Conditioning Noon: FTR Fitness 1:00PM: Mobility 5:00PM: Intro To Music 5:30PM: FTR Fitness 5:30PM: Park City Fitness 6:30PM: Creative Arts Group 6:30PM: ALL Women's Workout 7:30PM: Women's Group	6:30AM: FTR Fitness 11:30AM: Serving Lunch @ GMRC 2nd Friday of the month Noon: FTR Fitness 3:00PM: Utah Food Bank Service on 4th Friday of the month 4:30PM: FTR Fitness 5:30PM: Kettlebell Fitness 6:30PM: Open Mic Night 6:30PM: 1st Friday of Month Rap Cypher	8:30AM: FTR Fitness 10:00AM: Bootcamp 12:30PM: Studio Time (By Appointment Only) 11:30-1:00PM: Service Project 3rd Saturday of the Month	9:00AM: FTR Fitness 10:00AM: Powerlifting 12:00PM: LGBTQ+ Workout 1:00PM: LGBTQ+ Group 1:00PM: Free Yoga for FTR Members @CorePower Yoga Foothill Location
1331 & 1335 S. Major Street, SLC UT 84115			www.fit2recover.org		801-410-8988	

FTR Fitness Trainer Shout out

Daphne Young

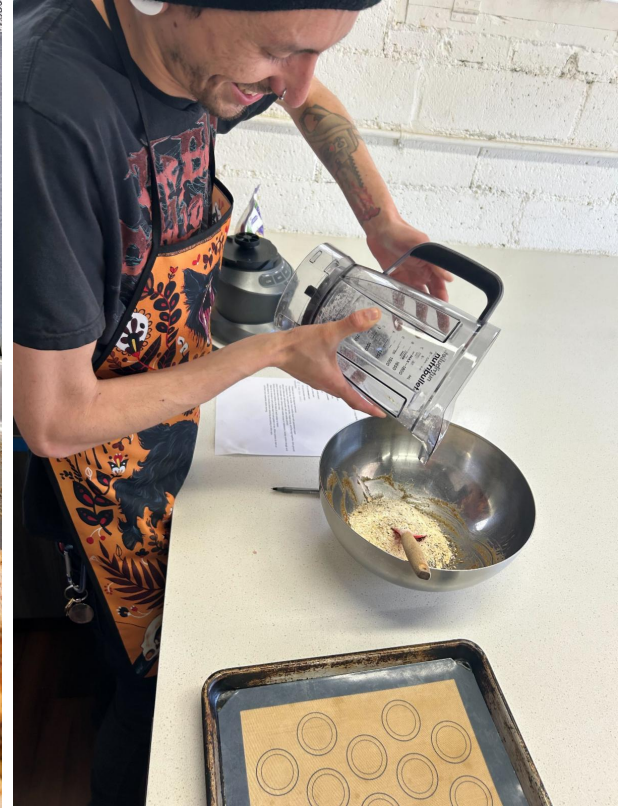
"I've been a coach at FTR for about two and a half years, and I truly never get tired of being here. This place has been one of the most transformative parts of my life. It's a community that has taught me what it means to lead with compassion, to show up even when it's hard, and to embrace vulnerability as a strength. The people I've met here have challenged me, supported me, and reminded me daily of the power of connection. I've grown so much, not just as a coach but as a human, and I know without a doubt that I wouldn't be the person I am today without FTR. I'm endlessly grateful for this space and everyone in it. It's a privilege to be part of something so real, so raw, and so full of heart.."



NUTRITION PILLAR

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

Celebrating Community and Connection
- through nutrition -



This month we have been training two new nutrition interns! Due to their excellent experience, love for food, and enthusiasm to help people strengthen their relationship with food - our cooking classes have not only grown in capacity, but in positive spirits as well. In effect, more people attended regularly and new community members have been exploring these new opportunities in the kitchen.



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're thrilled to partner with Justice by Objectives for an exciting Karaoke Night from 6:00 to 9:00 PM. Join us for an evening of music, community, and fun as we come 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.

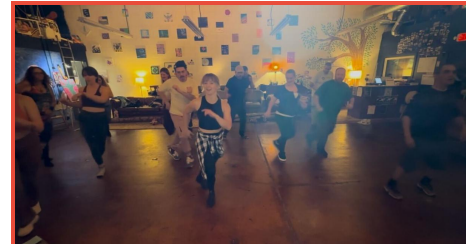
We are excited to host a Drag Workshop on **May 31st**, leading up to our Pride Drag Show on **June 14th**! This workshop offers a



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.

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

Service Events in May

We've got a great lineup of service events this month—mark your calendars and come make a difference with us!

Event Schedule

May 9 — Gail Miller

11:30 AM – 1:30 PM

May 16 — For The Kids

10:00 AM – 11:30 AM

May 23 — Food Bank

3:00 PM – 4:30 PM

May 24 — Tree Planting with Tree Utah

9:00 AM – 12:00 PM
Tracy Aviary Nature Center at Pia Okwai
Address: 3310 S 1000 W

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

☐ 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

Mark your calendars
for Utah County's annual 5k walk/run for recovery!

2025

May

UT County FTR 5k

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



UTAH COUNTY FIT TO RECOVER

3RD ANNUAL 5K

Saturday MAY 17th 2025

9am – 11am

Exchange Park :

900 N. 700 W. Provo, UT

84601



Register

NOW



Contact Alex to sponsor- alex@fit2recover.org

*Utah County Fit to Recover's May service project will involve assembling 5K packets for race participants, with the date and time to be announced soon (note: it won't be on the first Saturday of the month)

- **May 4 | Town Hall Meeting**

There will be a Fit to Recover Community Advisory Townhall Meeting on Monday, May 5th from 6:30 to 7:30 PM at 184 W 400 N, Provo, UT 84601, led by Ryan Richins, to gather community feedback and help the program grow.

- **May 5 | Community Soundbath – 7:00 PM**

Enjoy an evening of relaxation and mindfulness with our monthly community soundbath. 20\$ suggested donation

- **May 25 | First Hike of the Season – Bridal Veil Falls, 9:30 AM**

Kick off hiking season with us! We'll meet at 9:30 AM at the trailhead and head up the walkway together.

- **May 29 | Monthly Breathwork with Brinlie**

Reconnect and recharge with our May breathwork session, guided by Brinlie.

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

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

FTR Creative Arts Presents
Blackpaper Art
With Tiffany Palmer

Craft unique art pieces with black paper



Free For Members or \$5 Drop in

Thursday, May 15th
← 6:45 PM →

184 W 400 N Provo, UT 84601

FTR
FIT TO RECOVER

BICENTENNIAL PARK CLEAN-UP

provo
PARKS & RECREATION

For our April service project we will be going to Bicentennial Park in Provo to help with park up-keep. We will meet at the Utah County FTR at 11:30 to carpool there. Please get with Colt if you are willing to drive!

SIGN UP WITH COLT



SATURDAY
04-05-25
From 11:30 to 2 PM

MEET AT UTC FTR
184 W 400 N Provo UT
84601

FTR
FIT TO RECOVER

****DRESS ACCORDINGLY AND BRING A WATER BOTTLE!**

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

Member Spotlight





*Ryan Richins,
Utah County*

After moving to Utah County in 2019 I found myself searching for community and my prayers were answered in 2022 when Fit to Recover opened their second location in Orem Utah. It has become a second home for my daughter and I. It has been so exciting to be part of and watch the community of FTR grow in Utah County over the past few years. I have seen a growth in myself the past few years as well. Having a safe place to go and a community to share my struggles and accomplishments with several times each week has given me the confidence and courage to walk through some hard things.

Tammy Neron, SLC

FTR has been the best thing to happen to me, I was in such a depression that I was just sitting at home stuffing my face and sitting on the couch when my advocate told me about FTR and so I got off the couch and decided to go check it out. When I went and checked it out I walked in and the vibe and the community were so welcoming that I decided to stay for a fitness class. I have never felt so welcomed in my whole life. The fact that I can be myself and be as loud as I want and people smile cause of it makes it so great to keep going.

McKay Moss, SLC

I am so thankful that I was introduced to FTR. Nothing helps me more than going to a class. Even when I don't feel like going, I know I need to, and I always feel 100% better. Getting physically and mentally stronger has changed my life and kept me sober. I can do things I never thought I could. I've made new friends who are not just friends but a supportive community that encourages and motivates me, and I want to do the same for them. FTR is my safe place. I love that we support each other, high-five each other, and push each other to do great things. I appreciate the variety of classes and the opportunity to contribute to community efforts and support. The joy of helping others and seeing the smile on their faces is truly inspiring and makes me feel good.

Save the date for FTR SLC's 5k coming up in June:



FIT TO RECOVER
EXERCISING RECOVERY

5K FOR RECOVERY

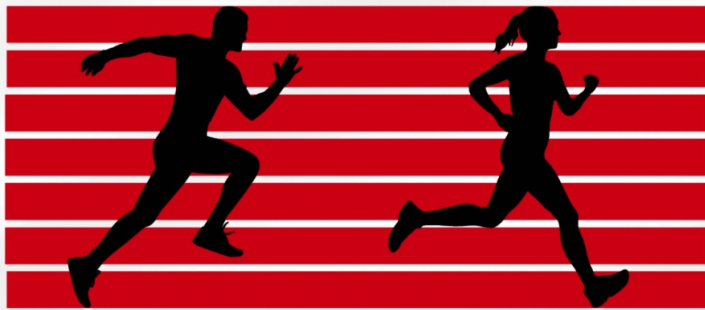
SATURDAY JUNE 21ST 2025



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
fit2recover.org



**Recovery Partnership Highlight:
Summit Sotheby's**



Founded in 2008 and grounded in innovation, Summit Sotheby's International Realty is Utah's premier luxury brokerage, providing clients and properties at all price points with customized professional services. Their award-winning team is committed to elevating expectations.

Thank you, Summit Sotheby's, for being such a valued part of the FTR family and making such generous donations to Fit to Recover.

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

STAY CONNECTED WITH US ON SOCIAL MEDIA



Fit To Recover | 1331 & 1335 S Major Street | Salt Lake City, UT 84115 US

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