

November 2024



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](#)

Get Ready For Giving Tuesday On December 3rd!

Moving Forward With FTR



[Get Involved!](#)

This year, we're thrilled to focus on supporting both the recovery community and our local area. Our operational van service plays a crucial role in transporting individuals from the Gail Miller Resource Center and Youth Resource Center to Fit to Recover, and with your help, we can expand these vital transportation services!

We're also dedicated to empowering at-risk teens through our youth program, which offers fitness, nutrition, creative outlets, and emotional support. Expanding this program will provide essential mentorship to help break the cycle of treatment.

Our scholarship program has doubled this year, highlighting a critical need in our community. This growth allows us to support more individuals on their recovery journeys, addressing both their urgent needs and the demand for our services. By eliminating financial barriers, we empower participants to focus on healing, ensuring they have access to the resources essential for building a brighter future

Thanks to your incredible support, our Salt Lake City program has experienced a **30% increase in attendance** this year! We're eager to extend our reach into Orem and Park City.

Hear From Our Community Why FTR Works

Join us for a fantastic day filled with fitness, creative arts, nutritious food, and community. Every contribution, big or small, makes a significant impact in fostering healing and connection. Let's make this Giving Tuesday unforgettable! Thank you for standing with us!



Our Giving Tuesday Auction is live, and this is your chance to bid on some amazing items—all while supporting FTR's mission to empower those in recovery. From unique experiences to incredible goods, every item won helps fund vital programs like our youth outreach, scholarship support, and recovery shuttle service. This is more than just an auction; it's an opportunity to make a direct impact on lives in our community.



Place your bids now through December 3rd, and help us reach our fundraising goals! Every bid, every share, and every item won brings us closer to providing hope, connection, and stability for those who need it most. Thank you for being part of this journey with us!

Visit our Auction

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><div><div>Fitness Special Nutrition New Classes Creative Arts Service Projects Park City Location</div></div></div><div><div><div>Social Media fit_2recover FTR Community fit2recover</div></div><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></div></div>						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30AM: FTR Fitness Noon: FTR Fitness Noon: Advanced Kettlebell 5:30PM: Intro To Theatre 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 11:15: Beginners Boxing 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	

Celebrating 6 Years of Ladies Night!

We're excited to celebrate a major milestone—6 years of our Ladies Night Fitness class at Fit to Recover! This class has become a safe, empowering space where women come together to grow stronger, both physically and mentally. Every week, we focus on building strength, confidence, and connection through tailored workouts that meet you where you are. Whether you're just starting your fitness journey or are looking to level up, this supportive community has your back.

To all the incredible women who've been part of this class over the years—you've made it what it is today. Thank you for showing up, supporting each

other, and creating a space where everyone feels welcome.

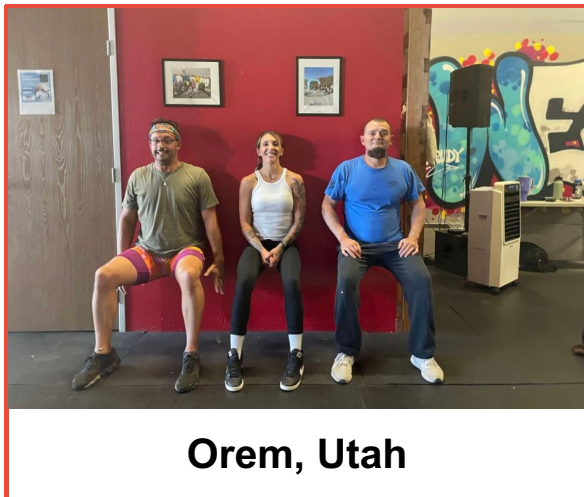
Come celebrate with us this month as we keep pushing forward! If you haven't joined yet, now's the perfect time—let's keep the momentum going strong!



New Park City Location!

We're beyond grateful to announce that Fit to Recover's Park City classes have found a new home at the National Ability Center! Starting now, classes will be held every Wednesday and Thursday at 5:30 PM. This wonderful opportunity wouldn't be possible without the support and generosity of the National Ability Center, whose mission of empowerment aligns perfectly with our commitment to connection, healing, and community.

Thank you to everyone who has made this possible and to our Park City community for your patience and dedication as we've grown. We can't wait to bring even more connection, strength, and support to you each week in this beautiful new space. See you there!



Orem, Utah



Salt Lake City, Utah

NUTRITION PILLAR

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

Cooking Up Connection

This month, Fit to Recover's Cook to Connect classes took center stage, bringing community members together in the kitchen to create nourishing meals and meaningful bonds. Each session was an opportunity to learn hands-on cooking skills, explore nutritious recipes, and share stories around the table. These classes are part of FTR's mission to heal and strengthen through food, emphasizing that nutrition is about more than just fueling the body – it's about connection, support, and growth.

Through our Nutrition Pillar, we're excited to keep building these

moments of connection and helping our community discover the joy of cooking together!



Creative Arts Pillar

This Month in Creative Arts

We kicked off fall with a fun and festive pumpkin painting session at Ladies Art Night, bringing together our community for a night of creativity and connection.

Next up, we're excited to host Cypher Night! Come show off your freestyle skills, and the winner will score **an hour of free studio time.**

Stay tuned for more events as we continue to foster expression and support through the arts!



Exciting Changes to Our Creative Arts Schedule!

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

Discover the magic of storytelling and self-expression in our Intro to Theatre class, where you'll learn the basics of acting, stage presence, and creative collaboration in a fun, supportive environment!

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

Make a Difference This Holiday Season Through Our Christmas Outreach!



Socktober Success!

Thank you to everyone who has generously donated socks for Socktober! Your contributions are making a difference, and we are still accepting donations until November 15th. Join us for the distribution on that day as we spread warmth and kindness to those in need.



Thank you all for your incredible support of the Service Pillar! October was a fantastic month for giving back, with five successful trash clean-ups and our team proudly serving lunch at the Gail Miller Resource Center. A huge shoutout to everyone who participated in our service activities!

As we move into November, we are excited to kick off our Christmas outreach. We're collecting donations to spread holiday cheer to those in need. Here's how you can help:

- **November 1st: Serving lunch at Youth VOA from 12 PM to 2 PM (off-site)**
- **November 8th: Serving lunch at Gail Miller Resource Center from 11:30 AM to 1:30 PM (off-site)**
- **November 15th: Socktober Bags from 1 PM to 3 PM, followed by distribution from 3 PM to 5 PM**
- **November 22nd: Food Bank Service from 3 PM to 4:30 PM (off-site)**

For any off-site projects, please meet in the FTR lobby 30 minutes before the event.

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

James@fit2recover.org

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 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

November News From Utah County



This month's spotlight captures Kelly Barnett in action at Kate's Kettlebell Class, where strength, endurance, and camaraderie come together. Our kettlebell classes are just one of the ways Utah County members are staying connected and challenging themselves!

Upcoming Events

- November 2nd: Join us for a service day at the Genesis Project Cleaning event. Let's roll up our sleeves and give back to our community!
- November 14th: Recharge and reset with Breathwork with Brinlie, an incredible opportunity to dive into mindful breathing and relieve stress.
- November 22nd: Celebrate with us at Friendsgiving! Bring your favorite dish and share a meal with your FTR family – we're so grateful to have each and every one of you.
- November 28th: Get ready for our Turkey Trot! Start your Thanksgiving morning with movement and community as we run together.

This November, let's continue to make every moment count in Utah County – we hope to see you at these events!

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

Alex Jeffs-McRae, UT County Program Director at:

alex@fit2recover.org



November

Service Project

the **genesis** project
provo

Come Join us for our November service project! We will be helping clean the Genesis Project in Provo!

- ✓ Saturday Nov. 2nd
- ✓ 1130 AM
- ✓ Meet at Genesis Project
- ✓ 870 S 170 E Provo 84606

Contact Colt with any questions
801-381-8833

FTR
FIT TO RECOVER
EXERCISING RECOVERY



UTAH COUNTY - FIT TO RECOVER

Happy FRIENDS GIVING!



EVERYONE IS WELCOME!

NOV 22 6 PM	1221 S 1840 W OREM, UT 84058
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FOOD . DRINK . CONNECTION.

*SIGN UP AT THE FRONT DESK FOR A FOOD ASSIGNMENT



BREATHWORK

For Recovery

November 14
7-830 pm

FIT TO RECOVER- OREM UTAH
1221 S 1840 W, Orem, UT 84058

SIGN UP AT :
BAREFOOTBRINLIE.COM

PLEASE JOIN US FOR A



Thanksgiving TURKEY TROT



Nov 28. 9 AM

There will be a raffle
and pie give away!

Meet at Lindon Park

200 N State Street, Lindon, UT 84042



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

Member Spotlight



*Carl Gildersleeve,
SLC*

I had struggled focusing on my wellbeing, and on how my connection to people places and things affected my wellbeing. In



*Jason Contrearras,
Orem*

The FTR Community has been a key part of my recovery. I am grateful for the accountability and pushing each other to



Shauna Knorr, Orem

When I first came to FTR, I had no idea what to expect or the range of classes they offered. But after hearing about it from so many people, I knew I couldn't ignore it. Coming out of detox, I needed something solid to hold onto, and FTR gave me that and so much more—a community filled with friends, shared

the swing of life, I took a chance with FTR, and I started following the program to feed my well-being. At first, when I started working out, I had feelings of quitting and not seeing it through. I remember a time when I was feeling this and one of the amazing instructors gave me extra encouragement and a pat on the back and said "Carl, you can do it". FTR is a fluid culture and a place where everyone feels welcome.

do the best we can just for today. I love to see the growth of FTR. I can remember the very first Utah County class was just me, Ian, and Rich. There were no extra activities at that time but I was proud to be part of it back then and today still. Today I'm grateful for Alex' hard work to grow our community.

experiences, kindness, open arms, camaraderie, and a lot of sweat. FTR has become an essential part of my journey, and I'm forever grateful that I finally listened to those around me and got involved.

Recovery Partnership Highlight: First Step House



We are thrilled to recognize First Step House as our Recovery Partner of the Month! Thank you for your unwavering dedication to supporting individuals on their journey to recovery. Your commitment to providing essential services and resources is invaluable in helping our community thrive. We are grateful for our partnership and the positive impact you have on so many lives. Together, we continue to promote healing, connection, and hope for those in recovery.

Thank You to Our Community Partner: SIDESHOW

SIDESHOW TATTOO GALLERY

We are thrilled to recognize Side Show Tattoo as our Community Partner of the Month! Side Show recently ran a special promotion to support Fit to Recover and the recovery community, turning their creativity into a force for positive change. Their dedication and passion for giving back sets a powerful example of how businesses can make a meaningful impact. Side Show's commitment to supporting recovery goes beyond just a partnership—it's a testament to their belief in connection and healing. We are so grateful for their support and the lasting impact it has on our community.

Thank you, Side Show Tattoo

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 - Papilion - 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

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

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