

JOIN FTR TODAY!

Introductory Memberships:
\$30/month, 5-punch card \$25.
Check web for latest calendar.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15 AM			Turning Point In-house Ian				
10 AM						Bootcamp Ian	
11 AM							
12 PM	Circuit Training Ian (all levels)		Circuit Training Ian (all levels)		Circuit Training Ian (all levels)	Strength and Conditioning Monika	Creative Writing Sarah TIME TBA
3 PM	Turning Point In-house Ian	Cold Creek In-house Ian	Open Gym (3-5)		Open Gym		
5 PM	Circuit Training Bruna	Strength & Conditioning Monika	Circuit Training Ian	Strength & Conditioning Monika	Barbells Ian		
6 PM	Group Run Christian Circuit Training Bruna	Swings and Things James	Recovery-based Circuit training Ian	Squats and What Nots James FTR Women's Group Lacey	Open Gym		
7 PM	Recovery-based Cross training Ian	Yoga Jen Renaissance Ranch/Out Ian	High-Intensity Dance Jami	Cold Creek In-house Ian	Yoga Tara Lee TIME TBA		
8 PM	Balance House Alumni			Men's AA group meeting Quinn			

25 classes and activities per week.
NEW- Dietitians join FTR! Details at: fit2recover.org

FTR is a non-profit 501c3, so your donations are tax deductible. FTR also seeks creative business and grants partnerships with treatment centers, transition housing, policy advocates and others who serve those in recovery.

Fit To Recover

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FIT TO RECOVER

•Exercising Recovery•



**A Non-profit Gym and
Active Community Center
for Those in Recovery**

Salt Lake City, Utah



FIT TO RECOVER
EXERCISING RECOVERY



Cold Creek
ADDITIONFREE.COM

ROUTPATIENT.COM 801-572-HEAL



Fit To Recover

Fitness, music, and
community for people in
recovery.



Who We Are

Welcome to Fit to Recover – we’re glad you’re here! My name is Ian Acker, and I’ve had this dream to build a place where people in recovery can go to find active, healing activities in a nonprofit gym in Salt Lake City. This dream has kept me awake at night and kept me going during the day for more than two years. I wake up every morning to a five-mile run. It hurts, but it is key to maintaining my recovery, now in its fourth year. At Fit to Recover you’ll meet Lacey Garcia, the head of our expanding women’s program; James Sjostrom our Lead Trainer, Rachel Santizo our Volunteer Coordinator, Sarah Kappos our Artist-in-Residence, and Max Forrest who charts our progress on video. Our community supports each other, and as a community, we ARE Fit to Recover. Welcome to the family.

