



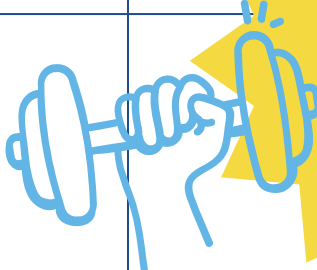


# DECEMBER 2024



12 Cambridge Dr. Trumbull  
**THRIVE**wellnessCT.org  
 203.590.4044  
 FREE for members  
 \$25/month or \$10/Day Pass

SUN	MON	TUE	WED	THU	FRI	SAT
1 	2	3 10 am Strength and Endurance 5 pm Yoga w/Jen 7pm Support Group - BCS/DE	4 10 am Gong 12 pm-2pm Gym Time with Austin *Must Book Time 6 pm Workout with Neal	5 11 am Support Group - LMD 5 pm Functional Fitness 6pm Cooking with Linda	6 10 am Foundation Training 2 pm-4pm Gym Time with Austin *Must Book Time	7 9 am Bootcamp 10 am Yoga w/Al
8 	9	10 9 am Strength and Endurance 4:30 Pause for Prayer 5 pm Yoga w/Jen 6 pm Evening of Gratitude 7 pm Support Group - BML	11 10 am Chair Plus Yoga w/Jeannie 12 pm-2pm Gym Time with Austin *Must Book Time 6 pm Workout with Neal	12 5 pm Functional Fitness 6 pm MEN's Group	13 10 am Foundation Training 2 pm-4pm Gym Time with Austin *Must Book Time 5 pm Art Therapy	14 9 am Bootcamp 10 am Yoga w/Carrie
15	16 7 pm Support Group - Grief	17 10 am Strength and Endurance 5 pm Yoga w/Carrie <b>6 pm Festivus</b> 7 pm Support Group - BCS/DE	18 9:30am Pause for Prayer 10 am Chair Plus Yoga w/Jeannie 12 pm-2pm Gym Time with Austin *Must Book Time 5 pm Gong 6 pm Workout with Neal	19 11 am Support Group - LMD 5 pm Functional Fitness 7 pm Support Group - Caregivers	20 10 am Foundation Training 2 pm-4pm Gym Time with Austin *Must Book Time	21 9 am Bootcamp 10 am Yoga w/Jen
22	23	24 CENTER CLOSED	25 CENTER CLOSED	26 CENTER CLOSED	27 CENTER CLOSED	28 CENTER CLOSED
29	30 CENTER CLOSED	31 CENTER CLOSED 	CENTER CLOSED 	CENTER CLOSED	New Year! New You! THRIVE Challenge 	

BCS - Breast Cancer Survivor.

BML - Blood, Bone Marrow, and Lymphoid Cancer

DE - Diagnosed Early

LMD - Living with Metastatic Cancer



# FITNESS

FOR EVERYBODY



WEEKLY RECURRING CLASSES\*



## Tuesday 10 am Strength and Endurance

This is a total body workout focused on bodyweight movements, high repetitions, and cardiovascular stamina. This class enhances our ability to maintain different positions for longer, making it ideal for anyone looking to improve endurance for walking, prolonged activities, or comfortable long car rides.



## Wednesday 6 pm Workout w/ Dr. Fischbach

Discover the Power of We! Join Dr. Fischbach and our vibrant community for an inclusive guided workout session. Go at your own pace—everyone is welcome!



## Thursday 5 pm Functional Fitness

We emphasize strength with added weight, using dumbbells and kettlebells to enhance resilience against life's stresses. This class focuses on form under pressure, challenging you both physically and mentally.



## Friday 10 am Foundation Training

This training is designed for everyone to prevent pain and enhance performance. Through poses and breathing techniques, it helps combat chronic pain and counteract sedentary lifestyles. If you experience back, hip, or knee pain, or feel achy and immobile from screen time, this class is for you. All you need is a mat—expect to leave smiling and invigorated!



## Saturday 9 am Bootcamp

Don't be intimidated by the name—Bootcamp is a fun way to kick off your weekend! This class features varied intensities and equipment, with a new workout each week. Expect entertaining exercises designed to push you just past your comfort zone and bring out your best.



### **\*\*Gym Time with Austin\*\***

**Reserve Time with our esteemed Trainer Austin to master the art of gym equipment usage.**

**When:**

**Every Wednesday from 12 PM to 2 PM**

**Every Friday from 2 PM to 4 PM**

12 Cambridge Dr. Trumbull [THRIVEwellnessct.org](http://THRIVEwellnessct.org) 203.590.4044 FREE for members \$25/month or \$10/Day Pass

\*Schedule valid through Nov 23, 2024 Center will be closed Dec. 24 2024 - Jan 1, 2025



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# Pause For Prayer

Please join us for a Pause in the busy schedule of your day .  
to reflect and be encouraged by a peaceful environment, time for  
meditation and prayer.

All are welcome!

Our 20-minute gathering will start with welcome and  
introductions, lighting of peace candle, listening to a selected  
reading or prayer, and an opportunity to share reflections.

*Our December schedule is as follows:*

Tuesday, December 10th at 4:30 pm

Wednesday, December 12th at 9:30 am

*The session will be followed by a  
previously scheduled yoga class.*



# SUPPORT GROUPS



You are warmly invited to join one of our support groups. Kindly reserve your spot.



## Breast Cancer and Diagnosed Early

Dr. Mindy Hersh  
December 3rd @ 7 pm  
December 17th @ 7 pm

## Living with Metastatic Disease

Dr. Mindy Hersh  
December 5th @ 11 am  
December 19th @ 11 am



## Grief Support Group

Lori Burns-Galdenzi, LCSW  
December 16th @ 7 pm



## Caregivers Support Group

Lori Burns-Galdenzi, LCSW  
December 19th @ 7 pm



## MEN's Group

Dr. Larry Muldoon  
December 12th @ 6 pm

## Blood, Bone Marrow, and Lymphoid

## Cancer Support Group

Dr. Mindy Hersh  
December 10th @ 7 pm



[www.THRIVEwellnessCT.org](http://www.THRIVEwellnessCT.org)

**CONTACT US 203-590-4044**

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# YOGA CLASS

Keep your mind healthy and release stress through our weekly yoga classes.



## GENTLE FLOW YOGA

EVERY TUESDAY 5 PM\*  
EVERY SATURDAY 10 AM\*

## CHAIR PLUS YOGA

WEDNESDAY 10 AM  
Dec. 11 & Dec. 18

CHAIR YOGA  
WITH FLOOR  
ADAPTATIONS.

## MINDFULNESS

DECEMBER 4 @ 10:00 AM GONG  
DECEMBER 10 @ 4:30 PM PAUSE FOR PRAYER  
DECEMBER 10 @ 6:00 PM AN EVENING OF GRATITUDE  
DECEMBER 13 @ 5 PM ART THERAPY  
DECEMBER 18 @ 9:30 AM PAUSE FOR PRAYER  
DECEMBER 18 @ 5 PM GONG

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