






SUN	MON	TUE	WED	THU	FRI	SAT
<div>*Schedule is subject to change. Visit the THRIVE website for our most up to date schedule.</div>		1	2	3	4	5
		10 am Strength and Endurance 6 pm Yoga	6 pm Workout with Dr. Fischbach	10 am Functional Fitness 11 am Support Group - LMD 5 pm Functional Fitness	Closed for 4 th July 	Closed for 4 th July 
	6	7	8	9	10	11
		5 pm Mindfulness Meditation	10 am Strength and Endurance 6 pm Yoga 7 pm Support Group - BCS/DE	10 am Gong w/Colleen 6 pm Workout with Dr. Fischbach	10 am Functional Fitness 5 pm Functional Fitness	10 am Foundation Training 2 pm-4 pm Gym Time with Austin *Must book time
						9 am Bootcamp 10 am Yoga w/Jen
13	14	15	16	17	18	19
	5 pm Mindfulness Meditation	10 am Strength and Endurance 6 pm Yoga 6 pm Navigating Grief and Loss 6:30 pm BBML Group	10 am Chair Plus Yoga w/Jen 4 pm Gong w/Colleen 6 pm Workout with Dr. Fischbach	9 am Yoga for Cancer 10 am Functional Fitness 11 am Support Group - LMD 5 pm Functional Fitness 6 pm Integrative Medicine Qigong	10 am Foundation Training 2 pm-4 pm Gym Time with Austin *Must book time	9 am Bootcamp 10 am Yoga
20	21	22	23	24	25	26
	5 pm Mindfulness Meditation	10 am Strength and Endurance 6 pm Talk-O-Tuesday 7 pm Support Group - BCS/DE	10 am Chair Plus Yoga w/Jen 6 pm Workout with Dr. Fischbach	9 am Yoga for Cancer 10 am Functional Fitness 5 pm Functional Fitness 6 pm Nutrition w/Amanda	10 am Foundation Training 2 pm-4 pm Gym Time with Austin *Must book time	9 am Bootcamp 10 am Gong w/Colleen
27	28	29	30	31		
	5 pm Mindfulness Meditation	10 am Strength and Endurance 6 pm Yoga	10 am Chair Plus Yoga w/Jen 6 pm Workout with Dr. Fischbach	9 am Yoga for Cancer 10 am Functional Fitness 11 am Support Group - LMD 5 pm Functional Fitness	<div>Light Blue Classes = Hybrid Class (Join in the center or on Zoom)</div> <div>Registration Required*--Reserve your spot-- THRIVEwellnessCT.org or call 203.590.4044 <small>*Schedule is subject to change. Visit the THRIVE website for our most up to date schedule.</small></div> <div></div> <div>FREE for members \$25/month or \$10/Day Pass</div>	


BCS - Breast Cancer Survivor. BBML - Blood, Bone Marrow, and Lymphoid Cancer DE - Diagnosed Early
LMD - Living with Metastatic Cancer



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.



**Cym Time with Austin**

Reserve Time with our esteemed Trainer Austin to master the art of gym equipment usage. Check online schedule for Friday sessions.




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!




Friday 10 am Foundation Training (In Center or Zoom)

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!



Thursday 10 am & 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.



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.

Special Events



12 Cambridge Dr. Trumbull

Registration Required*~Reserve your spot~ THRIVEwellnessCT.org or call 203.590.4044

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All events are **FREE** for members (\$25 a month) or \$10 Day Pass

THE POWER OF WE! • THE POWER OF WE! • THE POWER OF WE! • THE POWER OF WE!



Mon. July 7, 14, 21, & 28 @ 5 PM~Introduction to Mindfulness Meditation

Classes taught by Kirsten Nestro, certified mindfulness meditation teacher. Classes include an overview of mindfulness meditation, guided breath and body meditations, grounding practices, heart practices, and mindful practices for working with emotions. Classes suitable for beginner and experienced meditators.



Tue. July 15 @ 6 PM~Navigating Grief and Loss

Loss includes a body part, a beloved pet, a dear family member or a friend. Join us on Monday as Lori Burns-Galdenzi, LCSW dives into the tools we can add to our toolbox.



Wed. July 16 @ 4 PM~Relaxing Gong Sound Session

Let the soothing rhythm of the gong wash away tensions as the sound and frequencies open the healing relaxation response to your parasympathetic nervous system. Lay flat or seated in a chair.

Additional Gong Dates~July 9th @ 10 am and July 26th @ 10 am



Thur. July 17, 24, 31 @ 9 AM~Oncology Yoga

Designed to support cancer patients and survivors. Yoga provides safe and effective ways to help students manage the side effects of cancer. Increase overall quality of life, reduce fatigue, enhance flexibility, strength, and range of motion, and reduce stress and anxiety.



Thur. July 17 @ 6 PM~Integrative Medicine featuring Qigong

This experiential workshop invites participants to explore a holistic and compassionate view of cancer — one that moves beyond fear and pathology, and into relationship, vitality, and transformation. Dr. Romano will introduce the gentle healing practice of Sheng Zhen Qigong, paired with insights from classical Chinese medicine scholar Dr. Edward Neal, to illuminate a powerful and integrative approach to cancer prevention and healing.



Tue. July 22 @ 6 PM~TALK-O-Tuesday

Grab a taco shell, add toppings, and fill up on questions answered, things you forgot to ask or topics you need more detail on from a favorite oncologist, Dr. Neal Fischbach.



Thur. July 24 @ 6 PM~Nutrition with Amanda

To optimally nourish your body, it's not enough to consume nutritious food; we also need to be able to digest and absorb the nutrients in it. Moreover, the bacteria in your gut can support your body's ability to fight cancer, so it's important to nourish these, too. Learn how to nourish your gut this summer and how to prepare gut-friendly bowls.

SPEAKERS AND GROUPS

Breast Cancer and Diagnosed Early

Dr. Mindy Hersh

July 8 @ 7 pm

July 15 @ 7 pm

Living with Metastatic Disease

Dr. Mindy Hersh

July 3 @ 11 am

July 17 @ 11 am

July 31 @ 11 am

Navigating Grief and Loss

Lori Burns-Galdenzi, LCSW

July 15 @ 6 pm

Blood, Bone Marrow, and Lymphoid Cancer Group

Dr. Mindy Hersh

July 15 @ 6:30 pm

Evolving from surviving cancer to THRIVING!
Questions or suggestions Email~
info@THRIVEwellnessCT.org

