



SUN	MON	TUE	WED	THU	FRI	SAT
*Schedule is subject to change. Visit the THRIVE website for our most up to date schedule.	Light Blue Classes = Hybrid Class (Join in the center or on Zoom)		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>		1	2
			FREE for members \$25/month or \$10/Day Pass			9 am Bootcamp 10 am Yoga
3	4 4 pm Vision Board	5 7 pm Support Group - BCS/DE	6 10 am Chair Yoga with Gong 6 pm Workout with Dr. Fischbach	7 10 am Functional Fitness 5 pm Functional Fitness	8 10 am Foundation Training 2 pm-4 pm Gym Time with Austin *Must book time	9 9 am Bootcamp 10 am Yoga
10	11 Blood Drive 1 pm - 6 pm Gym is closed 12:30 pm-6 pm	12 10 am Strength and Endurance 6 pm Yoga 6 pm Navigating Grief and Loss	13 10 am Chair Plus Yoga 1 pm Book Club - The Housemaid by Frieda Mcfadden 6 pm Workout with Dr. Fischbach	14 9 am Yoga for Cancer 10 am Functional Fitness 5 pm Functional Fitness	15 10 am Foundation Training 2 pm-4 pm Gym Time with Austin *Must book time	16 9 am Bootcamp 10 am Yoga
17	18	19 10 am Strength and Endurance 6 pm Yoga 6:30 pm Support Group BBLM	20 10 am Chair Plus Yoga 3:30 pm Pause for Prayer 4 pm Gong w/Colleen 6 pm Workout with Dr. Fischbach	21 9 am Yoga for Cancer 10 am Functional Fitness 5 pm Functional Fitness	22 10 am Foundation Training 2 pm-4 pm Gym Time with Austin *Must book time	23 9 am Bootcamp 10 am Yoga
24/31	25	26 10 am Strength and Endurance 6pm Talk-O-Tuesday 7 pm Support Group - BCS/DE	27 10 am Chair Plus Yoga 6 pm Workout with Dr. Fischbach	28 9 am Yoga for Cancer 10 am Functional Fitness 11 am Support Group - LMD 5 pm Functional Fitness 6pm Nutrition w/ Amanda	29 Center Closed for Labor Day Weekend	30 Center Closed for Labor Day Weekend


BCS - Breast Cancer Survivor.    BBLM - 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.


**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 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.

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

**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!

**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

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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. August 4 @ 4 PM~Vision Board**

ILed by Rachel Alden - n this inspiring and creative class, we'll begin with a gentle guided meditation to center ourselves and open up space for clarity. Then, using images from magazines, you'll craft a personalized Vision Board that reflects what you truly want in life — even things you may not have realized were within reach.



### **Tue. August 12 @ 6 PM~Navigating Grief and Loss**

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



### **Thur. August 14, 21, 28 @ 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.



### **Wed. August 13 @ 1 PM ~ Book Club**

Join in the center or via ZOOM to have a cup of tea or coffee, and discuss the book of the month. August Book is: The Housemaid by Freida McFadden



### **Wed. August 20 @ 3:30 PM~Pause for Prayer**

Plan to join before Gong while you pause your busy schedule for some meditative minutes. All faiths/beliefs are welcome to gather in prayer, peace and for tranquility.



### **Wed. August 20 @ 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.



### **Tue. August 26 @ 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. August 28 @ 6 PM~Nutrition with Amanda**

Debunking Nutrition Myths

## SPEAKERS AND GROUPS

### **Breast Cancer and Diagnosed Early**

Dr. Mindy Hersh

August 5 @ 7 pm

August 26 @ 7 pm

### **Living with Metastatic Disease**

Dr. Mindy Hersh

August 28 @ 11 am

### **Navigating Grief and Loss**

Lori Burns-Galdenzi, LCSW

August 12 @ 6 pm

### **Blood, Bone Marrow, and Lymphoid Cancer Group**

Dr. Mindy Hersh

August 19 @ 6:30 pm

Evolving from surviving cancer to THRIVING!  
Questions or suggestions Email~  
[info@THRIVEwellnessCT.org](mailto:info@THRIVEwellnessCT.org)

