


SUN	MON	TUE	WED	THU	FRI	SAT
*Schedule is subject to change. Visit the THRIVE website for our most up to date schedule.	1  Center Closed for Labor Day Weekend	2  10 am Strength and Endurance  5 pm Strength and Endurance 6 pm Yoga	3  10 am Chair Plus Yoga  6 pm Workout with Dr. Fischbach	4  9 am Yoga for Cancer 10 am Functional Fitness 5 pm Functional Fitness	5  10 am Foundation Training 2 pm-4 pm Gym Time with Austin *Must book time	6  9 am Bootcamp  10 am Yoga
7	8  6 pm Meditation In Center Only	9  10 am Strength and Endurance 5 pm Strength and Endurance 6 pm Yoga 7 pm Support Group BCS/DE	10  10 am Chair Yoga 5pm Book Club The Housemaid's Secret 6 pm Workout with Dr. Fischbach	11  9 am Yoga for Cancer 10 am Functional Fitness 11 am Support Group LMD 5 pm Functional Fitness	12  10 am Foundation Training 11 am Sound Meditation 2 pm-4 pm Gym Time with Austin *Must book time 5pm Art Therapy	13  9 am Bootcamp  10 am Yoga
14	15  6 pm Virtual Only Meditation	16  10 am Strength and Endurance 5 pm Strength and Endurance 6 pm Yoga 6:30 Support Group BBLM	17  10 am Chair Plus Yoga 4 pm Gong w/Colleen 6 pm Workout with Dr. Fischbach	18  9 am Yoga for Cancer 10 am Functional Fitness 5 pm Functional Fitness 6 pm Integrative Medicine	19  10 am Foundation Training 2 pm-4 pm Gym Time with Austin *Must book time	20  9 am Bootcamp  10 am Yoga
21	22  6 pm Meditation In Center Only	23  10 am Strength and Endurance 5 pm Strength and Endurance 6 pm Yoga	24  10 am Chair Plus Yoga 6 pm Workout with Dr. Fischbach	25  9 am Yoga for Cancer 10 am Functional Fitness 11 am Support Group - LMD 5 pm Functional Fitness	26  10 am Foundation Training 2 pm-4 pm Gym Time with Austin *Must book time	27  9 am Bootcamp  10 am Gong
28	29  6 pm Virtual Only Meditation	30  10 am Strength and Endurance 5 pm Strength and Endurance 6pm Talk-O-Tuesday 7 pm Support Group BCS/DE	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> 	

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.






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](http://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. September 8, 22 (in center only) & 15, 29 (virtual only) @ 6 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.



**Thur. September 4, 11, 18, 25 @ 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. September 10 @ 5 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's Secret by Freida McFadden



**Fri. September 12 @ 11 AM~Sound Meditation with Gabby**

Join Gabrielle Nicole for an immersive sound experience that promotes balance, inner peace, and overall well-being.



**Fri. September 12 @ 5 PM~Art Therapy**

Unleash your inner spirit through a rainbow of colors, a paintbrush and simple instructions that end up as an incredible beauty on canvas. No experience or previous talent needed



**Wed. September 17 @ 4 PM and Sat. Sept. 27 @ 10 AM~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.



**Thur. September 18 @ 6 PM~Integrative Medicine**

What's In Your Water?

Antonio Cernuto, Founder & CEO of PUR2o International, has spent nearly 30 years driven by one guiding belief: the water we drink every day should build our health, not compromise it. At Thrive, he'll dive into why what's in your water matters—exploring the benefits of alkaline water, the power of molecular hydrogen, and how the PUR2o team is tackling some of today's biggest water challenges.



**Tue. September 30 @ 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.

## SPEAKERS AND GROUPS

### Breast Cancer and Diagnosed Early

Dr. Mindy Hersh

September 9 @ 7 pm

September 30 @ 7 pm

### Living with Metastatic Disease

Dr. Mindy Hersh

September 11 @ 11 am

September 25 @ 11 am

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

Dr. Mindy Hersh

September 16 @ 6:30 pm

SAVE THE DATE

## Fundraiser Events

(See QR CODE or Check THRIVE Website for Details)

**September 25<sup>th</sup> - Ladies Golf Outing\*\***

**October 5<sup>th</sup> - Casino Night Gala\*\***

\*\*Additional Fees for Fundraiser

Evolving from surviving cancer to THRIVING!

Questions or suggestions Email~

[info@THRIVEwellnessCT.org](mailto:info@THRIVEwellnessCT.org)

