


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>	<div><div>Registration Required*--Reserve your spot~ THRIVEwellnessCT.org or call 203.590.4044 *Schedule is subject to change. Visit the THRIVE website for our most up to date schedule.</div><div></div><div><div>Light Blue Classes = Hybrid Class (Join in the center or on Zoom)</div><div>FREE for members \$25/month or \$10/Day Pass</div></div></div>		<div>1</div> <div>10 am Chair Plus Yoga</div> <div>6 pm Workout with Dr. Fischbach</div>	<div>2</div> <div>9 am Yoga for Cancer</div> <div>10 am Functional Fitness</div> <div>5 pm Functional Fitness</div>	<div>3</div> <div>No Classes</div> <div>Center Closed @ 4 pm</div>	<div>4</div> <div>9 am Bootcamp</div> <div>10 am Yoga</div> <div>CASINO NIGHT GALA**</div>
<div>5</div> <div>** Casino Night Gala @ Black Rock Yacht Club Additional Fee applies.</div> <div>Scan QR</div> <div></div>	<div>6</div> <div>6 pm Virtual Only Meditation</div>	<div>7</div> <div>10 am Strength and Endurance</div> <div>5 pm Strength and Endurance</div> <div>6 pm Yoga</div>	<div>8</div> <div>10 am Chair Yoga</div> <div>6 pm Workout with Dr. Fischbach</div>	<div>9</div> <div>9 am Yoga for Cancer</div> <div>10 am Functional Fitness</div> <div>5 pm Functional Fitness</div>	<div>10</div> <div>10 am Foundation Training</div> <div>11 am Sound Meditation</div> <div>2 pm-4 pm Gym Time with Austin *Must book time</div> <div>5 pm Art Therapy</div> <div>Center Closed @ 4 pm</div>	<div>11</div> <div>9 am Bootcamp</div> <div>10 am Yoga</div>
	<div>13</div> <div>6 pm Meditation In Center Only</div>	<div>14</div> <div>10 am Strength and Endurance</div> <div>5 pm Strength and Endurance</div> <div>6 pm Yoga</div> <div>7 pm Support Group BCS/DE</div>	<div>15</div> <div>10 am Chair Plus Yoga</div> <div>4 pm Gong w/Colleen</div> <div>6 pm Workout with Dr. Fischbach</div>	<div>16</div> <div>9 am Yoga for Cancer</div> <div>10 am Functional Fitness</div> <div>11 am Support Group LMD</div> <div>5 pm Functional Fitness</div> <div>6 pm Yoga for MBC</div>	<div>17</div> <div>10 am Foundation Training</div> <div>2 pm-4 pm Gym Time with Austin *Must book time</div> <div>Center Closed @ 4 pm</div>	<div>18</div> <div>9 am Bootcamp</div> <div>10 am Yoga</div>
<div>19</div>	<div>20</div> <div>6 pm Virtual Only Meditation</div>	<div>21</div> <div>10 am Strength and Endurance</div> <div>5 pm Strength and Endurance</div> <div>6 pm Yoga</div> <div>6:30 Support Group BBLM</div>	<div>22</div> <div>10 am Chair Plus Yoga</div> <div>5 pm Book Club - Erotic Stories for Punjabi Widows: A Novel</div> <div>6 pm Workout with Dr. Fischbach</div>	<div>23</div> <div>9 am Yoga for Cancer</div> <div>10 am Functional Fitness</div> <div>5 pm Functional Fitness</div> <div>6 pm Nutrition with Amanda</div>	<div>24</div> <div>10 am Foundation Training</div> <div>2 pm-4 pm Gym Time with Austin *Must book time</div> <div>Center Closed @ 4 pm</div>	<div>25</div> <div>9 am Bootcamp</div> <div>10 am Yoga</div>
<div>26</div>	<div>27</div> <div>6 pm Meditation In Center Only</div>	<div>28</div> <div>10 am Strength and Endurance</div> <div>5 pm Strength and Endurance</div> <div>6pm Talk-O-Tuesday</div> <div>7 pm Support Group BCS/DE</div>	<div>29</div> <div>10 am Chair Yoga</div> <div>6 pm Workout with Dr. Fischbach</div>	<div>30</div> <div>9 am Yoga for Cancer</div> <div>10 am Functional Fitness</div> <div>11 am Support Group - LMD</div> <div>5 pm Functional Fitness</div> <div>6 pm MBC - Infinite Strength Dinner</div>	<div>31</div> <div>10 am Foundation Training</div> <div>2 pm-4 pm Gym Time with Austin *Must book time</div> <div>Center Closed @ 4 pm</div>	<div></div>


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




+

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.



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

*Schedule is subject to change. Visit the THRIVE website for our most up to date schedule.



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. October 6, 20 (virtual only) & 13, 27 (in center 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.



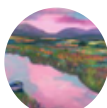
Thur. October 2, 9, 16, 23, 30 @ 9 AM~Oncology Yoga

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.



Fri. October 10 @ 11 AM~Sound Meditation with Gabby

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



Fri. October 10 @ 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. October 15 @ 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.



Thur. October 16 @ 6 PM~Gentle Yoga Therapy for Living with MBC

This gentle yoga therapy session offers accessible breath-work, meditation, and chair-based movement to ease symptoms and calm the nervous system.



Wed. October 22 @ 5 PM~Book Club

Join in the center to have a cup of tea or coffee, and discuss the book of the month. October Book is: Erotic Stories for Punjabi Widows: A Novel by Balli Kaur Jaswal



Thur. October 23 @ 6 PM~Nutrition with Amanda

Cooking for Breast Cancer is about creating meals that support healing, energy, and overall well-being during and after treatment. It emphasizes nutrient-dense, whole foods that can help manage treatment side effects, strengthen the immune system, and promote long-term health.



Tue. October 28 @ 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. October 30 @ 6 PM~Family Dinner for those Living with MBC

Join us for a nourishing evening provided by Infinite Strength, in partnership with a local restaurant. Families can enjoy a healthy meal together while children participate in kid-friendly yoga, crafts, and healthy snacks. This special gathering offers comfort, connection, and community for those living with metastatic breast cancer.

SPEAKERS AND GROUPS

Breast Cancer and Diagnosed Early

Dr. Mindy Hersh

October 14 @ 7 pm

October 28 @ 7 pm

Blood, Bone Marrow, and Lymphoid Cancer Group

Dr. Mindy Hersh

October 21 @ 6:30 pm

Living with Metastatic Disease

Dr. Mindy Hersh

October 16 @ 11 am

October 30 @ 11 am

SAVE THE DATE

Fundraiser Events

(See QR CODE or Check THRIVE Website for Details)

October 5th - Casino Night Gala**

**Additional Fees for Fundraiser

Evolving from surviving cancer to THRIVING!

Questions or suggestions Email~

info@THRIVEwellnessCT.org

