



# Inclusive Recovery Friendly Fitness Facility

## Fit and Sober Program

**FREE** fitness class followed  
by an All Recovery Meeting

All Recovery Support Meetings are based on the philosophy that people from every recovery pathway have much in common and can benefit from sharing together. These meetings offer a place where people can share their recovery experiences, with an emphasis on the hope and healing of recovery.

**Open to anyone is ANY type of recovery, co-dependents, alcohol, drugs, overeating, sex gambling etc.. Individuals or families of all are welcome**

**Every 2nd and 4th Sunday**

**Fitness Class 11:30-12:30**

**All Recovery Meeting 12:30-1:30**

105 W. Dewey Avenue, C-8

Wharton, NJ 07876

862-437-1777

[www.infinitefitnessandhealth.com](http://www.infinitefitnessandhealth.com)

No prerequisite fitness level required, any physical condition welcome. Not affiliated with any 12 step program, it is open to any type of recovery.