



MON

6:00-8:00 AM Open Gym
3:00-5:00 PM Open Gym
5:45-6:30 PM All Pathways Meeting
6:30-7:30 PM Yoga Flow w/ Alexis

TUE

7:00-8:00 AM CrossFit @ 291 Summer St.
5:00-6:00 PM Open Gym
6:30-7:30 PM Recovery Dharma Meeting

WED

7:00-8:00 AM Open Gym
12:00-1:00 PM CrossFit @ 291 Summer St.
3:00-5:00 PM Open Gym
6:00-7:00 PM "Our Path, Our Journey" Meeting for supporters of those on a recovery journey.
Starts September 15th

THU

12:00-2:00 PM - Open Gym with Casey Bi-Weekly Schedule Sept 16th and 30th
7:00-8:00 PM CrossFit at CrossFit Merrimack, 1100 Gorham St.

FRI

6:00- 7:00 AM Open Gym
7:00-8:00 AM CrossFit @ 291 Summer St.
3:00-5:00 PM Open Gym
5:00 ** See Special Events!**

SAT

11:45-1:00 PM CrossFit at CrossFit Merrimack - 1100 Gorham St. Lowell MA

SUN

12:00-1:00 PM CrossFit at Andover CrossFit - 307 Lowell St. Andover, MA

Special Events!

Sept 10th - 5:00-6:00PM - Front Line Initiative/PPNM Partnership - Moving Into Recovery Yoga
Sept 17th - 5:00 - 7:30PM - Jasmine Grace Speaking Event / Donation Drive and Meditation
Please bring any full sized hygiene products, \$5 Dunkin Cards, and Seasonal Winter Items <3
Sept 24th - 5:00-6:00PM Front Line Initiative /PPNM Partnership - Moving Into Recovery Workout

ALL EVENTS ARE FREE! THE ONLY REQUIREMENT IS 48 HOURS OF CONTINUOUS SOBRIETY

REGISTER FOR ALL EVENTS AT: WWW.THEPHOENIX.ORG
ALL CLASSES HELD AT 291 SUMMER ST LOWELL MA UNLESS SPECIFIED
TFOSTER@THEPHOENIX.ORG - TIFFANY FOSTER 978-605-3937