

SOBER LIVING THROUGH FITNESS

ROCovery is a nonprofit (501c3) supportive community of physically active individuals brought together by sober living, committed to creating an environment of healing and recovery. Members, friends and families are empowered to discover their inner strength and confidence through adventure, fun and camaraderie.

We offer a multitude of free services to anyone with 48 hours of continuous sobriety which include:

Strength & Conditioning Groups • Meditation
Weight Lifting • Hiking • Park Workouts
Yoga • Kayaking • Bike Rides • Camping
Social Events and much more.



**ROCOVERY
FITNESS**

WHAT DRIVES US?

ROcovery Fitness, Inc. exists because of a community need to provide sober experiences and connections to individuals recovering from drug and alcohol addiction. The organization is made up of members who have shared experience with recovery, a passion for health and wellness and are driven to make a difference in their lives.

We aide and provide opportunities for those in recovery to both reach their goals and surpass their expectations. We are a place where clean and sober is the norm, a place without shame or stigma, a place of acceptance and hope.



ROcovery Fitness
1035 Dewey Avenue
Rochester, New York 14613
585-484-0234
www.rocoveryfitness.org

