



THE FITNESS COLLECTIVE  
Elevate Your Health-Conscious

(404)254-2108 | [www.fitnesscollectiveatl.com](http://www.fitnesscollectiveatl.com)

# January 2021

## HIGHLIGHTS FOR JANUARY

<b>Manifest Party</b>	Order your VisionBoard <a href="http://www.serenity2success.com">www.serenity2success.com</a> or grab your own supplies, and let's manifest our goals TOGETHER!! This is Part 2!!!
<b>Member's Perks</b>	Use your <b>FREE</b> workshop for any events <b>EXCEPT</b> Kemetic Yoga this month. Have you used your guest pass yet? All members get at least 1 per month!
<b>**Latin Nights**</b>	This class is \$5 for members / \$15 non-members in person and includes a mock/cocktail. Drop-in rates online are \$10 or FREE for members ☺

SUN	MON	TUES	WED	THURS	FRI	SAT
<b>COLOR CODES</b>	<b>WHAT ELSE DO WE DO?</b>		<b>PRIVATE YOGA THERAPY</b>		1	2
<b>*Virtual ONLY</b> <b>*In-Studio ONLY</b> <b>*Studio + Virtual</b> <b>*Series/Course</b>	Reiki Massages + Energy Readings, Kinesiology Taping, Cupping & Ear Candling Nutrition support, Thai Bodywork, Youth /Athletic Recovery, and Couple's Wellness Packages available.		Tiffany is registering with the International Association of Yoga Therapists. Help her get hours AND you get a custom program!! Book your 1-on-1 or Small Group (up to 5 ppl) <b>*Limited slots available <a href="http://www.truealignlife.com">www.truealignlife.com</a></b> <b>** Rates start at \$40 per session (reg. \$75) **</b>		<b>*CLOSED*</b>	<b>*CLOSED*</b>
3	4	5	6	7	8	9
11:00am Zumba	9:00am Zumba 10:15am Beginner's Yoga 11:30am MERGE HI-LIT  *6:00pm Barre HIIT *7:00pm Yin/Restorative	8:00am Recovery Barre 10:00am Primal Flow Yoga  6:00pm Zumba 7:30pm DEEP by BUTI	11:30am MERGE HI-LIT  5:30pm Beginner's Yoga *7:00pm Primal Flow	10:00am Form & Flow  *6:00pm Barre FLOW 7:15pm Dance Fitness w/ Marquita	*9:30am Chair Yoga 11:00am Zumba  <b>Latin Nights w/ Lov</b> <b>7pm Class+Cocktails</b>	8:30am Form & Flow 10:00am Recovery Barre
10	11	12	13	14	15	16
11:00am Zumba  <b>12:00 - 3:00pm MEMBERS ONLY</b> <i>2021 Manifest Party</i>	9:00am Zumba 10:15am Beginner's Yoga 11:30am MERGE HI-LIT  *6:00pm Barre HIIT *7:00pm Yin/Restorative	8:00am Recovery Barre 10:00am Primal Flow Yoga  6:00pm Zumba 7:30pm DEEP by BUTI	9:00am Tone & Tempo 11:30am MERGE HI-LIT  5:30pm Beginner's Yoga 7:00pm Barefoot Band Camp	8:30am Tone & Tempo 10:00am All Levels Yoga  *6:00pm Barre FLOW 7:15pm Dance Fitness w/ Marquita	*9:30am Chair Yoga 11:00am Zumba	8:30am Form & Flow 10:00am Recovery Barre  <b>11:30am - 1:00pm Kemetic Yoga</b> <b>\$20 w/ Blacksilt Yoga</b>
17	18	19	20	21	22	23
11:00am Zumba	9:00am Zumba 10:15am Beginner's Yoga 11:30am MERGE HI-LIT  *6:00pm Barre HIIT *7:00pm Yin/Restorative	8:00am Recovery Barre 10:00am Primal Flow Yoga  6:00pm Zumba 7:30pm DEEP by BUTI	9:00am Tone & Tempo 11:30am MERGE HI-LIT  5:30pm Beginner's Yoga 7:00pm Barefoot Band Camp	8:30am Tone & Tempo 10:00am All Levels Yoga  *6:00pm Barre FLOW 7:15pm Dance Fitness w/ Marquita	*9:30am Chair Yoga 11:00am Zumba  <b>Latin Nights w/ Lov</b> <b>7pm Class+Cocktails</b>	8:30am Form & Flow 10:00am Recovery Barre
24	25	26	27	28	29	30
11:00am Zumba  <b>12:00 - 3:00pm Old School Yoga</b> \$20 w/ Stephanie <i>(Members FREE)</i>	9:00am Zumba 10:15am Beginner's Yoga 11:30am MERGE HI-LIT  *6:00pm Barre HIIT *7:00pm Yin/Restorative	8:00am Recovery Barre 10:00am Primal Flow Yoga  6:00pm Zumba 7:30pm DEEP by BUTI	9:00am Tone & Tempo 11:30am MERGE HI-LIT  5:30pm Beginner's Yoga 7:00pm Barefoot Band Camp	8:30am Tone & Tempo 10:00am All Levels Yoga  *6:00pm Barre FLOW 7:15pm Dance Fitness w/ Marquita	*9:30am Chair Yoga 11:00am Zumba	8:30am Form & Flow 10:00am Recovery Barre