

# THE FITNESS COLLECTIVE ATL

## The Monthly Grapevine

### MARCH

#### \*CLASS ALERTS\*

#### • POP UP CLASSES

Barre-Fitness

Wednesdays @ 11:30am

Starting 3/12

Vinyasa w/ Jamila

Thursdays @ 6:15pm

Sundays @ 4:30

#### • \*\$5 Community Classes\*

Please check our online schedule  
for the most up to date classes!

#### \*EVENTS\*

#### SPRING NEW YEAR HIKE

Saturday 22nd @ 9am

#### HEAL'D FEMININITY

FRIDAYS @ 7:30pm

7th - Hotcore After Dark

w/ CourtneyLov

14th - Sense-YOU-ality

w/ Shanise

28th - HEELS w/ Breeya

#### MOMMY & ME FITNESS

w/ Seshen

Sunday, March 9th @ 10:30am



### WHAT IS WOMEN'S HISTORY MONTH?

Women's History Month is a celebration of women's contributions to history, culture and society and has been observed annually in the month of March in the United States since 1987.

Women's History Month is a dedicated month to reflect on the often-overlooked contributions of women to U.S. history. From Abigail Adams to Susan B. Anthony, Sojourner Truth to Rosa Parks, the timeline of women's history milestones stretches back to the founding of the United States.

The National Women's History Alliance designates a yearly theme for Women's History Month. The 2025 theme celebrates "Women Educating and Inspiring Generations." This theme celebrates the collective strength, equality, and influence of women who have dedicated their lives to education, mentorship, and leadership, shaping the minds and futures of all generations.

Below are a few notable events in U.S. women's history:

May 29, 1851: A formerly enslaved worker turned abolitionist and women's rights activist, Sojourner Truth delivers her famous "Ain't I a Woman?" speech at the Women's Rights Convention in Akron, Ohio.

Jan. 4, 2007: U.S. Rep. Nancy Pelosi (D-Calif.) becomes the first female speaker of the House. In 2019, she reclaims the title, becoming the first lawmaker to hold the office two times in more than 50 years.

Jan. 24, 2013: The U.S. military removes a ban against women serving in combat positions.

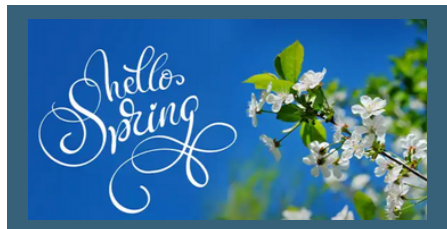
July 26, 2016: Hillary Clinton becomes the first woman to receive a presidential nomination from a major political party. During her speech at the Democratic National Convention, she says, "Standing here as my mother's daughter, and my daughter's mother, I'm so happy this day has come."

January 20, 2021: Kamala Harris is sworn in as the first woman and first woman of color vice president of the United States. "While I may be the first woman in this office, I will not be the last," Harris said after getting elected in November. The daughter of Jamaican and Indian immigrants, Harris served as California's first Black female attorney general and won election to the U.S. Senate in 2016. She made her own unsuccessful presidential bid before being selected by former Vice President Joe Biden as his running mate.

For additional information, follow the link below:

<https://www.history.com/topics/womens-history/womens-history-us-timeline>

## SPRING EQUINOX 2025: WHEN IS IT, AND WHAT IS IT?



The Spring Equinox is the celebration of the first day of spring. The Spring Equinox 2025 is Thursday, March 20th. Equinox literally means "equal night." On the Spring Equinox, the Sun is positioned directly over the equator, which makes day and night equal in length all over the world, only on the equinox. March 20, 2025 will be more than just a celebration of the start of spring: it is literally the changing time of the seasons, thanks to the position of the sun. Besides the astronomical significance of the Spring Equinox, this time of year has been a major time for tradition and ritual since the beginning of recorded history. Even before people had an understanding of the reasons behind the changing seasons, changes in temperature made the equinoxes important events. Plenty of rituals and traditions sprang up around the coming of spring for the Spring Equinox. Early humans must have welcomed the coming of spring because it meant easier access to more food. Ancient Egyptians, the earliest people that we know celebrated the Spring Equinox, built a monument called the Great Sphinx that pointed directly to the rising Sun on the day of the Spring Equinox. Because spring is a time of rebirth (with plants growing, warmer temperatures, blooming flowers, and other forms of new life) most of the rituals and traditions synonymous with spring have had to do with fertility.

**For additional information, follow the links below:**

[https://www.dailyzilla.com/the-spring-equinox/;](https://www.dailyzilla.com/the-spring-equinox/)

<https://www.farmersalmanac.com/spring-equinox-first-day-spring>

Spring is a time of renewal, growth, and balance—what better way to welcome the season than with movement, community, and fresh air? Join us, The Fitness Collective family, for our Spring Equinox Hike on Saturday, March 22, 2025, at 9 AM, as we gather in nature to reset, reflect, and step into this new season with intention.

Tiffany Baskett  
CEO

### THE FITNESS COLLECTIVE ATL STUDIO



**If you are looking for a great place to host your next small event or meeting, look no further! Ask us about rates to rent our beautiful SOFU space!**

## HAVE YOU EXPERIENCED THE NEW INFRARED SAUNA?



In an effort to provide the community with exceptional healing, fitness and motivational tools, the Fitness Collective has installed an Infrared Sauna! There are so many health and wellness benefits to using the Sauna. We've listed a few of the benefits below that we think may be beneficial to you:

- **Detox and Clean**—By sweating out impurities and heavy metals, your immune system is free to focus on more important bacteria and viruses.
- **Muscle Recovery**—By improving your recovery, you will be able to limit fatigue and not feel sore and tired the next day after exercising.
- **Boost Metabolism**—As you relax in the gentle infrared heat, your body is hard at work producing sweat, pumping blood, and burning calories.
- **Improve Skin**—Infrared saunas not only improve the appearance of but help to reduce acne.
- **Enhanced Mood**—endorphins are endogenous opioids that are part of the body's natural painkiller system.
- **Heart Health**—Core body temperature slowly rises, stimulating blood vessel dilation throughout the body. The result is an increase in blood flow, heart rate, and cardiac output.

So check it out after your next exercise class!

### HAVE YOU BEEN THINKING ABOUT WORKING 1-ON-1 OR IN A SMALL GROUP OF FAMILY OR CLOSE FRIENDS (UP TO 5 PEOPLE) WITH ONE OF OUR MOTIVATORS?!



**We've got the solution for you!**

Private Yoga, Yoga Therapy, Personal Training and Nutritional Guidance is available with Tiffany, Stephanie, Sherita, Judi and Shy! Ask us about rates or check out the APPOINTMENTS tab in your Wellness Living Dashboard or Achieve App.

[Info@FitnessCollectiveATL.com](mailto:Info@FitnessCollectiveATL.com) (404)254-2108