



THE FITNESS COLLECTIVE
Elevate Your Health-Conscious

DECEMBER 2024

HIGHLIGHTS FOR DECEMBER (404)254-2108 | www.fitnesscollectiveatl.com

FREE 2wk SOMA SERIES

Join Tiffany for Somatic movement, clearing memories, and fixing your fascia for freedom of spirit, mind, & body for 2025

20th MEMBERS ONLY

Let's make a vision of the future you want to see and watch it unfold all 2025! ***Setting intentions to elevate The Collective**

24th BUTI & BUBBLES

Burn up to 600 calories just in time to eat with the family! Shake, Release, and Sweat with intention to stay Blissful this Holiday Season!

SUN	MON	TUES	WED	THURS	FRI	SAT
1 10:30AM SEVA 108 Salutations (\$5 Community) <i>Farewell to Jamila</i>	2 6:00am Mobility Flow 11:30am MERGE: Sculpt+Stretch *6:00pm BodySculpt Bootcamp *7:15pm R&B Yin Yoga	3 *6:00am Hot Vibes Yoga 12:00pm Yoga Reset 6:00pm Pilates w/ Judi 7:30pm Hot Vinyasa	4 *6:00am Sculpt + Bands 11:30am Full Body HIIT *6:00pm HotCore **SOCKS RREQUIRED** *6:45pm Slow Flow Yoga	5 *6:00am Hot Vibes Yoga 12:00pm Buti Yoga Xpress 4:30pm Pilates w/ Judi 6:00pm Sacred Mvmnt *7:30PM SOMA SERIES	6 11:30am VinYin Lite HEAL'D Femininity 7:30pm SexyLov w/ CourtneyLov	7 *8:30am BodySculpt Bootcamp 9:30am Power Pilates
8 *10:30am MOMMY & ME Fitness Check Online Schedule for SEVA Classes (\$5 Community)	9 6:00am Mobility Flow 11:30am MERGE: Sculpt+Stretch *6:00pm BodySculpt Bootcamp *7:15pm R&B Yin Yoga	10 *6:00am Hot Vibes Yoga 11:30am Yoga Reset 6:00pm Pilates w/ Judi 7:30pm Hot Vinyasa	11 *6:00am Sculpt+Hotcore **SOCKS RREQUIRED** 11:30am Full Body HIIT *6:00pm HotCore **SOCKS RREQUIRED** *6:45pm Slow Flow Yoga	12 *6:00am Hot Vibes Yoga 12:00pm Buti Yoga Xpress 4:30pm Pilates w/ Judi 6:00pm Sacred Mvmnt	13 11:30am VinYin Lite HEAL'D Femininity 7:30pm SexyLov w/ CourtneyLov	14 *8:30am BodySculpt Bootcamp 9:30am Power Pilates
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22 Check Online Schedule for SEVA Classes (\$5 Community)	23 6:00am Mobility Flow 11:30am MERGE: Sculpt+Stretch *6:00pm BodySculpt Bootcamp *7:15pm R&B Yin Yoga	24 10am-11:30am BUTI & BUBBLES \$25 <i>*Mimosas, Refreshments, FUN* Members FREE</i>	25 *CLOSED*	26 *CLOSED*	27 *CLOSED*	28 *CLOSED*
29 *CLOSED*	30 *CLOSED*	31 *CLOSED*	What Else Do We Do? We provide Fascial Stretch + NIR (Near Infrared Light) Sauna Therapy, and Private Movement or Yoga Therapy Sessions!! We also offer Nutrition support, personal training, & mental health consults. We are YOUR 1-Stop Holistic, Generational Healing Shop! App invite code R04NDQ then Connect on IG: @fitnesscollective_atl			Class Color Codes *Sub Instructor *In-Studio ONLY *Studio + Virtual *Series/Course

