

THE FITNESS COLLECTIVE ATL

The Monthly Grapevine

SEPTEMBER

CLASS ALERTS

- *NEW INSTRUCTORS!**

Sculpt w/ Barry
Wednesdays @ 6:00am

Yoga Sculpt w/ Barry
Saturdays @ 10:30am

Serenity, Sound, & Flow
w/ Ayanna
Thursdays @ 7:30pm

- *\$5 Community Classes***

SEVA Yoga w/ Jerry
Sunday, Sept 1st @ 3:30pm

EVENTS

HEAL'D FEMININITY

Intermediate Floorwork
w/ Courtney & Shanise

Friday, September 20th @ 7:30PM

MOMMY & ME Fitness

w/ Seshen

*Sunday, September 15th @
 10:30AM*



NATIONAL DAY OF ENCOURAGEMENT IS SEPTEMBER 12TH

This day is dedicated to encouraging and having a positive impact on those around us. The best thing about this day is that you can make someone happy by simply saying a few words of encouragement. Your words have the power to lift someone when they are down. They also have the power to motivate someone who might be struggling or encourage someone to pick themselves back up after a setback. A small act of encouragement could be the spark that changes a loved one's perspective. To praise and encourage someone's efforts is a practice worth having, no matter the day of the year. In 2007, a group of young people at the National Leadership Forum at Harding University in Searcy, Arkansas, came up with the idea of The Encouragement Project. The group went on to start a celebration which they called the National Day of Encouragement. This was the result of a grim reality — these young people saw a lack of encouragement as one of the main obstacles that the youth face. They recognized the urgent need to help each other overcome negative influences.

HOW TO OBSERVE NATIONAL DAY OF ENCOURAGEMENT

1. Encourage those around you - Say a word of encouragement to everyone whom you know personally or professionally. There's no better way to observe National Day of Encouragement than this.
2. Appreciate a junior - Cheer the achievements of a junior at work on National Day of Encouragement. Celebrate the progress that they have made and encourage them to scale new heights.
3. Encourage an emerging artist - Encourage a budding artist by buying their art and advertising their work on your social media profile. A simple follow, like, or comment could immensely boost their business.

Let's all encourage, empower and motivate each other not only on the 12th, but every chance we get.

For additional information, follow the link below:
<https://nationaltoday.com/national-day-of-encouragement/>

HOLIDAYS AND OBSERVANCES IN SEPTEMBER



Labor Day kicks off many exciting holidays in September, including the unofficial start of the fall season. September includes federal holidays, religious holidays, and other celebrations and observances, such as the beginning of the school year and football season, the emergence of the harvest moon, and so much more.

September plays host to daily, weekly, and monthly celebrations and observances. Besides Labor Day and Patriot Day honoring 9/11, the International Day of Peace comes later in the month. Some fun, quirky, or lesser-known holidays are International Talk Like a Pirate Day, National Cheese Pizza Day, and National Comic Book Day.

If you're looking for a reason to celebrate or be mindful, here are the [holidays and observances](https://www.thespruce.com/holidays-in-september-4157726) in September 2024.

For additional information, follow the link below:

<https://www.thespruce.com/holidays-in-september-4157726>

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.

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