

# THE FITNESS COLLECTIVE ATL

## The Monthly Grapevine

## NOVEMBER

### \*CLASS ALERTS\*

- **\*NEW INSTRUCTORS!**

Sculpt w/ Barry  
Wednesdays @ 6:00am

Yoga Sculpt w/ Barry  
Saturdays @ 10:30am

- **\*\$5 Community Classes\***

Please check online schedule for  
most up to date & to book.

### \*EVENTS\*

#### HEAL'D FEMININITY FRIDAYS

Every Week @ 7:30PM

#### MOMMY & ME Fitness w/ Seshen

Sunday, Nov 10th @ 10:30AM



### CELEBRATING THANKSGIVING NOVEMBER 28TH

Thanksgiving 2024 is a cherished American holiday that brings families and friends together to express gratitude, share a festive meal, and reflect on the blessings of the past year. It's a time for giving thanks for the abundance in our lives and celebrating the spirit of togetherness.

Since celebrating Thanksgiving is a time-honored tradition that centers around gratitude and sharing, we'd like to share some of the ways we plan to celebrate Thanksgiving 2024:

- **Feast with Loved Ones:** Gather with family and friends to share a traditional Thanksgiving meal featuring turkey, stuffing, cranberry sauce, and various side dishes.
- **Express Gratitude:** Take a moment to express gratitude for the blessings in your life, whether through prayers, reflections, or conversations around the table.
- **Give Back:** Consider volunteering at a local charity, food bank, or homeless shelter to give back to the community during the holiday season.

The Fitness Collective ATL wish to express our gratitude for all of you and your continued commitment to our fitness community.

Happy Thanksgiving!

For additional information follow the link below:

<https://www.awarenessdays.com/awareness-days-calendar/thanksgiving-2024/>

## DEALS DEALS AND MORE DEALS!!!



Black Friday is the Friday after Thanksgiving in the United States. It traditionally marks the start of the Christmas shopping season. Many stores offer highly promoted sales at discounted prices and often open early, sometimes as early as midnight or even on Thanksgiving. It is followed by Cyber Monday, another major shopping day known for online deals.

### Shopping Strategies for Black Friday 2024

- **Do your research:** Julie Ramhold, consumer analyst with [DealNews.com](https://www.dealnews.com), advises shoppers to make a list of items that they're interested in buying, then note their current prices.
- **Stay on top of the ads:** Pay attention as Black Friday ads come out.
- **Try to get cash back:** "Cash-back" services like [Rakuten](https://www.rakuten.com) allow you to earn cash back on top of sale prices.

For additional information, follow the link below:

<https://www.yahoo.com/lifestyle/black-friday-2024-the-best-early-deals-and-everything-we-know-so-far-161751012.html>

## 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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