



(404)254-2108 | www.fitnesscollectiveatl.com

May 2022

HIGHLIGHTS FOR MAY

5th CINCO DE MAYO	Join Sazon & Courtney for a night of Latin Dance and journey through all the styles that loosen up your hips: Have More Fun!
8th MOTHER'S DAY	Honor the women in your life with a smile, flowers, dinner, or a token of appreciation from The Fitness Collective!
28th HEALING HULA	Hula Hoops aren't just for kids, especially when they have some weight! Challenge your skills with these fun core drills that have deeper meaning!

THE FITNESS COLLECTIVE
Elevate Your Health-Conscious

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2	3	4	5	6	7
	5:30am Yin Power Yoga 11:30am MERGE HI-LIT 6:00pm BodySculpt Bootcamp	7:00am Hot Vibes Yoga 11:30am Pilates w/ Dana 4:30pm Pilates w/ Judi *5:45pm BUTI Yoga *7:30pm Buti Eaze	11:30am MERGE HI-LIT 5:30pm Yin Power Yoga	7:00am Hot Vibes Yoga 11:30am Pilates w/ Dana 4:30pm Pilates w/ Judi 6:00pm Barre HIIT 7:00pm Cinco de Mayo	*9:30am Chair Yoga	*8:30am BodySculpt Bootcamp 6pm Sexy Lov
8	9	10	11	12	13	14
HAPPY MOTHER'S DAY!!!	5:30am Yin Power Yoga 11:30am MERGE HI-LIT 6:00pm BodySculpt Bootcamp *7:00pm Yoga for Deep Relaxation	7:00am Hot Vibes Yoga 11:30am Pilates w/ Dana 4:30pm Pilates w/ Judi *5:45pm BUTI Yoga 7:30pm Twerk CultureFit	11:30am MERGE HI-LIT 6:00pm Zumba Toning	7:00am Hot Vibes Yoga 11:30am Pilates w/ Dana 4:30pm Pilates w/ Judi 6:00pm Barre HIIT 7:30pm Soultry Flow	*9:30am Chair Yoga	8:30am BodySculpt Bootcamp
15	16	17	18	19	20	21
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22	23	24	25	26	27	28
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29	30	31		WHAT ELSE DO WE DO?		COLOR CODES
	5:30am Yin Power Yoga 11:30am MERGE HI-LIT 6:00pm BodySculpt Bootcamp	7:00am Hot Vibes Yoga 11:30am Pilates w/ Dana 4:30pm Pilates w/ Judi *5:45pm BUTI Yoga 7:30pm Twerk CultureFit		We offer Fascial Stretch + NIR (Near Infrared Light) Therapy, KT Taping, Cupping, Ear Candling, Private Yoga (or Yoga Therapy), Womb Therapy and Nutrition support!! Facebook Group: The Fitness Collective ATL Instagram: @fitnesscollective_atl Schedule with our Partnered Professionals today!		*Virtual ONLY *In-Studio ONLY Studio & Virtual *Feminine Focus