

THE FITNESS COLLECTIVE ATL

The Monthly Grapevine

APRIL

CLASS ALERTS

• POP UP CLASSES

Barre-Fitness

Wednesdays @ 11:30am

MixedFit w/ JamieLee

Thursday 24th @ 6:30pm

• *\$5 Community Classes*

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

EVENTS

LATIN NIGHTS

Friday, April 4th @ 11:30am

**HEAL'D FEMININITY
EVERY OTHER FRIDAY
@ 7:30pm**

18th - Hotcore After Dark

w/ CourtneyLov

25th - HEELS w/ Breeya

MOMMY & ME FITNESS

w/ Seshen

Sunday, April 6th @ 10:30am

MEMBERS ONLY

FinStyle (Fashion+Finance)

April 25th 6-7pm



NATIONAL EXERCISE DAY

National Exercise Day is celebrated on April 18 every year. It is a day to encourage everyone to participate in physical activities. Exercise enhances our general health by giving us more energy, making us feel better, and even extending our lives by years. Regular physical activity and exercise have several health benefits that are impossible to overlook. Everyone, regardless of age, gender, or physical ability, benefits from exercise. Unfortunately, despite how important exercising is, only a few individuals are dedicated to it. National Exercise Day is a day to encourage and motivate people to exercise, with the aim that it will be the start of a new habit for everyone. Below are some national exercise day activities for you to consider:

- Visit the Fitness Collective ATL.
Join us for class and enjoy one or all the of the excellent exercise methods we offer.
- People go to the fitness Collective to get in shape.
Even if you only work out once a week at first, it will help. Regular workouts will eventually make you feel and look healthier if you can maintain your motivation. All you have to do now is keep track of your progress to stay motivated to go to the fitness collective regularly.
- Listen to music while exercising.
Listening to music while exercising will keep you in high spirits and will make you exercise for longer. If you are not at the Fitness Collective where music is provided in every class, plug in your headphones and have fun while you walk or jog.
- Encourage others to exercise.
Exercising will be more fun when you do it as a group with your family and friends. Spread some of that motivation and enthusiasm you have in you to others and encourage them to join you in the.

For additional information, follow this link: <https://nationaltoday.com/national-exercise-day#:~:text=National%20Exercise%20Day%20is%20celebrated,extending%20our%20lives%20by%20years.>



Stress Awareness Month has been recognized every April since 1992, however this year it seems particularly important. Learning to cope with our stress and finding healthy ways to deal with these situations can go a long way in living a healthy and positive life. Long-term stress can prove to be more than just a mental issue.

We all experience stress, yet we experience it in different ways. For that reason there is no single definition for stress, but the **American Institute of Stress** states the most common explanation is a "physical, mental, or emotional strain or tension."

Common issues related to stress:

1. Headaches;
2. Stomach disorders;
3. Anxiety/Depression;
4. Stroke; and
5. Heart Disease.

Tips for Coping with Stress

- Take care of yourself. Eat healthy, exercise regularly, get plenty of sleep, give yourself a break if you feel stressed.
- Discuss your problems. Talk with a parent, friend, or another trusted source.
- Avoid drugs and alcohol. Brain research now indicates that people exposed to stress are more likely to abuse alcohol or other drugs, or to relapse into drug addiction.
- Recognize when you need more help. Know when to talk to a psychologist, social worker, or counselor if things continue.

For additional information, follow the following link:

[https://cms.illinois.gov/benefits/stateemployee/bewell/awarenessmatters/stress-awareness-](https://cms.illinois.gov/benefits/stateemployee/bewell/awarenessmatters/stress-awareness-april21.html#:~:text=Stress%20Awareness%20Month%20has%20been,a%20healthy%20and%20positive%20life.)

[april21.html#:~:text=Stress%20Awareness%20Month%20has%20been,a%20healthy%20and%20positive%20life.](https://cms.illinois.gov/benefits/stateemployee/bewell/awarenessmatters/stress-awareness-april21.html#:~:text=Stress%20Awareness%20Month%20has%20been,a%20healthy%20and%20positive%20life.)

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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