



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

# January 2026

**HIGHLIGHTS FOR JANUARY: We Turn SIX on TUES, January 7<sup>th</sup>**

<b>WELCOME HOME</b>	Thank you for an incredible 6 years. Let's SHIFT together		
<b>23<sup>rd</sup> WELLNESS &amp; WORSHIP</b>	Godly Vibes, Vendors, Movement, Raffle Prize, Scripture, Prayer and Fellowship. Best way to start the year!		
<b>25<sup>th</sup> HUMAN REFORMER CERT</b>	We are hosting a mat certification that replicates the benefits of a Pilates reformer with a specific type of resistance band system. Early Bird \$299		

SUN	MON	TUES	WED	THURS	FRI	SAT
<b>WHAT ELSE DO WE DO?</b>			<b>COLOR CODES</b>	<b>1</b>	<b>2</b>	<b>3</b>
We provide Fascial Stretch + Infrared Sauna Sessions, and Private Movement or Yoga Therapy! We also offer Nutrition support, personal training, & mental health consults. We are YOUR 1-Stop Holistic, Generational Healing Shop! Connect on IG: @fitnesscollective_atl Scan QR above to join our App: invite code R04NDQ			<b>Studio+Online</b> <b>*In-Studio ONLY</b> <b>*Certification</b>			9:30am Power Pilates
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Check Online Schedule for SEVA Classes (\$5 Community)	6:00am Power Pilates 11:30am Functional Movement 6:00pm Power Barrels 7:15pm R&B Soul Stretch	6:00am Hot PowerStretch 12:00pm Stability Stretch 6:00pm Pilates w/ Judi	6:00am Sculpt+Bands 11:30am Barre Fitness 6:00pm HotCore **SOCKS REQUIRED** 6:45pm DEEP Restore	6:00am Hot Power Stretch 12:00pm FasciAlign 4:30pm Pilates w/ Judi 6:00pm Align + Flex	6:00am Hot Power Stretch 11:30am Stretch+Flow 12:30pm Gentle Reset	9:30am Power Pilates w/ Andane
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
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<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
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<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
<b>8:00am-4:00pm Human Reformer Pilates-based Certification</b>	6:00am Power Pilates 11:30am Functional Movement 6:00pm Power Barrels 7:15pm R&B Soul Stretch	6:00am Hot PowerStretch 12:00pm Stability Stretch 6:00pm Pilates w/ Judi	6:00am Sculpt+Bands 11:30am Barre Fitness 6:00pm HotCore **SOCKS REQUIRED** 6:45pm DEEP Restore	6:00am Hot Power Stretch 12:00pm FasciAlign 4:30pm Pilates w/ Judi 6:00pm Align + Flex	6:00am Hot Power Stretch 11:30am Stretch+Flow 12:30pm Gentle Reset	9:30am Power Pilates