

## Atria Strongly Supports the REV MMA Boxing Team



A regular fitness routine contributes to many important health benefits. Exercise controls weight, combats countless health conditions and diseases, improves mood, boosts energy, promotes a better night's sleep and enables you to build social connections with like-minded individuals.

An unfortunate bi-product of the COVID-19 pandemic has been the prolonged closure of fitness centres across Ontario, which we look forward to seeing reopen on July 16, 2021, as part of the province's Step 3 economic reopening plan. Given the financial impact gyms and fitness facilities have had to endure over the last year and a half, Atria Development is proud to offer our financial support to Revolution MMA & Fitness, Toronto's leading facility in mixed martial arts.

Established in 2006, Revolution was the first dedicated MMA centre in Toronto and today the organization boasts a 12,000 square foot facility in North York, plus a second 12,000 square foot facility in Vaughan.

*For more information on the REV MMA Boxing Team, visit [revmma.com](http://revmma.com)*