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INSite's 2018 Readership Poll

Atlanta's Entertainment Monthly

Let us Know How We Are Doing!

Our annual poll is currently being conducted online at insiteatlanta.com. Let us know more about you and how we can make INSite better. Just take a few minutes to fill out a quick questionnaire. All participants are eligible to win prizes!

Please visit us at insiteatlanta.com & click on Readers Poll today!



START THE NEW YEAR LOOKING GOOD!

ATLANTA ON A DIME

Get in shape this New Year at Unit 2 Fitness!



240 Ponce De Leon Ave.
(404) 745-3019 • Unit2fitness.com

IF YOU'RE SERIOUS ABOUT GETTING in shape and kicking some ass this New Year, then Unit 2 Fitness is where you need to go. Whether it's Brazilian Jujitsu, Kickboxing, Boxing or Mixed Martial Arts they have what you're looking for. The staff is comprised of World Champion martial artists who have competed at the highest levels. Their gym has heavy bags, free weights, weight machines, cardio equipment and a sparring ring.

CROSSFIT

CrossFit is a strength and conditioning program that combines weightlifting, sprinting, gymnastics, powerlifting, kettlebell training, plyometrics, rowing, interval training, and medicine ball training. Unit 2 CrossFit uses CrossFit methodologies combined with the strength and conditioning techniques used for combat athletes. Unit 2 CrossFit was voted Best CrossFit gym by INsite readers and Creative Loafing.

MARTIAL ARTS

Unit 2 Fitness offers martial arts classes in Brazilian Jiu-Jitsu, Muay Thai and boxing. BJJ is the premier ground fighting martial art and has proven itself countless times in professional fighting, self-defense and combat. Women's only Brazilian Jiu-Jitsu and self-defense classes plus youth classes for ages 7 - 12 are also offered. Muay Thai boxing is the national sport of Thailand. It is also called the Science of 8 limbs because it uses Knees, Kicks, Elbows and Punches. Thai boxing has become the de facto standard striking method for most serious MMA fighters.

KICKBOXING

Unit 2's kickboxing class has been voted the Best Cardio Class by INsite readers and Atlanta Sports & Fitness Magazine. Their unique approach gives you a high-intensity class taught by skilled fighters. This is a 50 minute, go for the gold, workout that includes punching and kicking on a heavy bag mixed with calisthenics, plyometric and flexibility drills. Kickboxing burns upwards of 900 calories per class.

Sign up for a free week this month in CrossFit, Kickboxing, and Martial Arts classes to give you the opportunity to work with their coaches and see if Unit 2 is the right gym for you.

Atlanta on a Dime highlights special deals and low cost events happening around town. Deals on tickets and free ticket contests are offered every Thursday to email subscribers in the Atlanta on a Dime Newsletter. It is a free service. Sign up by emailing Subscriptions@AtlantaOnADime.com. Enter on subject line: Sign Me Up!

HOME THEATER

NEW RELEASES

THE LATEST DVD, BLU RAY & VOD RELEASES

By John Moore

THE DEFIANT ONES

(Universal Studios Home Entertainment)

The documentary division at HBO has done an amazing job lately and *The Defiant Ones* is just one more example. Directed by Allen Hughes (*Menace II Society*, *Dead Presidents*), he profiles the lives and professional impacts of Dr. Dre and Jimmy Iovine. Starting with their roles in music (Dre as rapper and producer, Jimmy as a producer and label head) along with their incredibly successful venture as the founders of Beats headphones, and their early gritty beginnings growing up. Filmed over three years, with unfettered access and interviews with some of the giants in music (Springsteen, Eminem, David Geffen, Tom Petty, etc.), *The Defiant Ones* has an appeal well beyond music fans.



PERSON TO PERSON

(Magnolia Home Entertainment)

On the surface, the latest from writer/director Dustin Guy Defa is just another "isn't New York quirky" indie film. And while there is plenty of quirkiness, thanks to a collection of odd characters and storylines that intersperse, there is a sweetness to the film that helps it overcome the clichés. The stories focus on a record collector

who thinks he's stumbled on a rare piece of vinyl, two reporters following cops investigating a murder (Michael Cera and Abbi Jacobson are both great as the reporters) and a clock shop owner who may hold a clue to the murder case. Clocking in at less than 90 minutes, the movie is brief enough not to tell a good story and come off as entertaining without treading too far into Wes Anderson territory.



WHO IS LYDIA LOVELESS? (MVD Visual)

This doc is a pretty apt title for anyone outside the world of Americana music. But, you'd be hard pressed not to be won over by Lydia Loveless at the end of the film. Gorman Bechard (the man behind the stellar Replacements *Color Me Obsessed*) follows around the Columbus, Ohio native and her band (including bandmate and husband) as they crisscross the country in an old tour van, loading into rock clubs night after night, and working out new music in the studio. The film is a frank, intimate look at one a truly underrated musician and what she and her peers must go through to survive as a working band battling piracy and limited resources.

