

6857 Mountain View Rd,
Ooltewah TN
On the Fit One Campus
423-207-3407
cpmurman@gmail.com



Drop in \$18.00

5 Class Pass \$65

10 Class Pass \$115

All class are between
55 & 75 min
except for ****Kettlebell Fun,**
****Woman & Weights &**
****Classic Mat Pilates**
They are 30 min
****Donation based**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
**Women & Weights 10:15 30 min Gentle Empowering Yoga 11:00 am	**Kettle Bell Fun 5:45 30 min ~~~~~ Yoga Core Basics 6:30	**Women & Weights 10:15 30 min Gentle Energizing Yoga 11:00	<i>Reiki Energy Healing sessions are available throughout the week.</i> Ask about Yoga Therapy & how it can help you! <i>Private Yoga sessions are available Mon-Friday contact Cheryl to schedule your times.</i>	**Classic Mat Pilates 10:00 30 min Plus I teach 2 class's for Fit one Thur 6:15 pm & Friday 8:45am

Gentle Empowering Yoga
Perfect for beginners, those recovering from illness, injury, or anyone needing a relaxing class that still incorporates strength and flexibility

Yoga Basics
A Core-centric class suitable for all levels . Based on Sun Salutations. With a concentration on developing core connection & strength

Gentle Energizing Yoga
All levels class incorporates standing poses & a gentle flow that strengthens w/o stress on the joints.

****Women & Weights**
30 min Beginner friendly weight training for Active Women .
Learn how to lift safely & within your limits while getting stronger & turning up your metabolism.
Donation Based

****Kettlebell Fun**
A 30 min cardio based class using Kettlebells to strengthen & tone the entire body.
Donation Based

****Classic Mat Pilates**
A 30 min Pilates Class great for postural alignment, core strength & stability, & full body flexibility
Donation Based