

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
<p>**Women & Weights 10:15 30 min</p> <p>Gentle Empowering Yoga 11:00 am</p>	<p>**Kettle Bell Fun 5:45 30 min ~~~~~</p> <p>Yoga Core Basics 6:30</p>	<p>**Women & Weights 10:15 30 min ~~~~~</p> <p>Gentle Energizing Yoga 11:00 ~~~~~</p>	<p>Ask about Yoga Therapy, Thai Yoga, Reiki Healing & how it can help you! <i>Private sessions are available contact Cheryl to schedule your times.</i></p>	<p>**Classic Mat Pilates 10:00 30 min</p> <p>Plus I teach 2 class's for Fit one Thur 6:15 pm & Friday 8:45am</p> <p><i>*You do not need to be a gym mbr</i></p>

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 .

Donation Based

****Kettlebell Fun**

A 30 min cardio based class using Kettlebells to strengthen & tone the entire body.

****Classic Mat Pilates**

A 30 min Pilates Class great for postural alignment, core strength & stability, & full body flexibility