

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
<i>**Women & Weights</i> 10:15 30 min Gentle Empowering Yoga 11:00 am	<i>**Kettle Bell Fun 5:45</i> 30 min ~~~~~ Yoga Core Basics 6:30	<i>**Women & Weights</i> 10:15 30 min ~~~~~ Gentle Energizing Yoga 11:00 ~~~~~	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>	<i>**Classic Mat Pilates 10:00</i> 30 min Plus I teach 2 class's for Fit one Thur 6:15 pm & Friday 8:45am <i>*You do not need to be a gym mbr</i>

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