

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