

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 ~~~~~ Yoga Foundations for beginners W/ Cyndi Allen 6:30 pm | 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> | **Classic Mat Pilates 10:00 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

Slow & Restore W Cyndi Allen!

Flow and Restore. A soothing, all-levels yoga gentle flow class adding restorative poses, creating a serene space healing.