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**House Studios**

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Creator & Project Manager of Lionhearts Fitness

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Hello;

I am writing to you to let you know about an exciting new program serving Chattanooga TN and Ringgold GA. I introduce you to the Lionhearts Fitness and the Lionhearts Youth OCR Training and Conditioning Program. A not for profit Youth program serving our varied community of athletes.

We have quite a few mentors in our mentorship program, from all genres of athletics, all the top of their field, coming speak to our youth and encourage them to excel at whatever they choose. Although we will be focusing on OCR Racing, our workshops/speakers will include: Ironman, Spartan, American Ninja Warrior, Pro softball and baseball players, Football coaches, Olympic Gymnast, World Class-World Champion martial artists and such.

Lionhearts currently have weekly classes at Our House Studios (OHS). We were “adopted” by the facility to serve the community as a while. We serve all ages 9mo (“Beauties and Babies” where participants workout with their infant) to 18yrs old.

All Youth will have a way to participate. NO YOUTH is left behind because of financial hardship, or any reason, for that matter. We are currently preparing and training to be of service to our “Adaptive Athletes.” “More Hearts Than Scars,” an adaptive OCR Racing Team, has joined us in this effort, especially for children with autism. We will be soliciting sponsorship for travel, races and uniforms.

We will be participating in races, team building and offering many community service opportunities. No one is left behind. Ask us how we can help you, if you need it, (or sponsor a child yourself!) First class at OHS is always free.

We would like to tell you more about it. Please contact us with any questions and for further details. We would like to ask you to help us promote this wonderful new program. We believe it is the first of its kind, at least in this area.

~shell, creator and facilitator