4009 Cloud Springs Road, Ringgold GA 30736

6101 Ringgold Road, Suite107 Chattanooga TN 37412

P.O. Box 9867 Eastridge TN 37412

6101Ringgold Road, Chattanooga TN 37412

P.O. Box 9867 Eastridge TN 37412

**House Studios**

Michele “shell” Luccketta

Life Coach/Motivational Speaker/Youth Trainer

831-406-0239 shell@LionheartsFitness.com

Creator & Project Manager of Lionhearts Fitness

General Manager OHS

Victoria Phillips- Co Coordinator Lionhearts Fitness

Christy Chapman-Owner of OHS

LionheartsOCR@LionheartsFitness.com http://LionheartsFitness.com

Hello Parents;

First things first: **Please sign your children in on our Lionhearts Sign Up sheet in the OCR Room.** Please sign for both classes if attending Gymnastics conditioning and OCR. We want to make sure that all waivers are signed. We will make certain we have **travel** waivers soon, because we have some traveling to do! **We have races coming up.**

All youth will be lined up/sitting down, ready to check out ON TIME, at the end of class at the front door of OHS

There is so much going on! **We are the charity benefactor for the Scenic City Mud Run in Sept. (Coupon and flyer attached.)** We need to make sure that we have your correct email address. We want to give you weekly updates. I hope you have subscribed to our social media outlet pages, especially our YouTube page.

There will be many more children coming soon. We will be in all the schools in the next few months. We want to reach as many of the youth as possible, offering them this wonderful program, now that the Lionhearts Fitness Non-Profit status has become official.

We have set aside the OHS gym for Lionhearts, EVERY Saturday Noon-3 We will be using that time for multiple purposes:

1st Sat Open for Race training before Race Days

2nd Saturday is Community Service Day. We will have a monthly calendar of who we will be serving (Non-Profit agencies who need our help.) Some days we will clean the gym and play some.

3rd Sat Open for Race training before Race Days

4th Saturday Mentor Saturday Open to ALL. A calendar of guest will be given out monthly, subject to availability and change.

~shell, creator and facilitator