

ABOUT MURPHY PRO FITNESS STUDIO

Murphy Pro Fitness is a dream that has come true! For years I've been looking for a better way to share my fitness expertise and now that I have this studio, I can share the love I have for exercise and help the community reach a better state of being on a mental and physical level.

Murphy Pro Fitness is owned and operated by Certified Personal Trainer, Lillie Murphy, we provide personal training services in a private to semi-private setting in a non-intimidating environment and we also provide group fitness classes as well. Murphy Pro Fitness is a unique personal training studio, we provide clients with an alternative experience in fitness as we are "not" a health club or gym. We use the punch-card system. We do not charge initiation fees or monthly dues. You pay only for the services you choose and our trainers work mostly by appointment therefore, the schedule can be convenient for you! Murphy and the other trainers are available for health and fitness workshops.

SCHEDULE

The * represent punch card/walk-in classes, punch cards are \$80.00 for 8 classes. Punch card expires in 60 days. Walk-in classes are \$15.00 per class without the usage of a punch card.

MONDAY

Boot Camp – 5:00 to 6:00 a.m

Abs Class – 5:30 to 6:00 p.m. *

Boot Camp – 6:00 to 7:00 p.m.

Belly Dance – 7:15 to 8:15 p.m.

TUESDAY

N/A

WEDNESDAY

Boot Camp – 5:00 to 6:00 a.m.

Abs Class – 5:30 to 6:00 p.m. *

Boot Camp – 6:00 to 7:00 p.m.

Hip-Hop – 7:15 to 8:15 p.m.

THURSDAY

N/A

FRIDAY

Boot Camp 5:00 to 6:00 a.m.

Boot Camp – 6:00 to 7:00 p.m.

SATURDAY

Zumba - 8:00 to 8:45 a.m. *

Smooth Yoga – 9:00 to 10:30 a.m. *

Personal Exquisite Expression of the Lady (Peel)

4:30 to 6:00 p.m.

CLASSES ARE SUBJECT TO CHANGE, PLEASE CHECK WITH STUDIO FOR POSSIBLE CHANGES.