



## ***The Freakin' Fabulous Cat Corchado***

Air Force Veteran - Sisters-in-Service Podcast  
Host

Small Space Pilates Community Leader/ Speaker

I am an Air Force veteran who has made it her mission to help women veterans transition from the military. I am a leader and speaker within the active duty and veteran community and my advocacy helped me develop the Sisters-in-Service podcast- a platform for anyone affiliated with the military.

I am also the founder/creator of the Small Space Pilates community. I am privileged to work with midlife women to help them increase body awareness, mobility, stability and strength in a safe and fun environment. With over 37 years in the fitness arena, my specialties include Personal Training, Pilates, Activated Isolated Stretching (AIS) and most recently her certification with CETI to work with cancer survivors.

### SIGNATURE TOPICS

-  Women Veteran Transition
-  Staying Connected After Military Service
-  Step into your Magnificence
-  Fitness in Midlife & Beyond
-  Pilates is for EveryBODY

*Get in Touch!*



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