



JKFY YOGA CLASSES



Led by Jackie Kold, CPT; CYT, RYT; CSST
See www.jackiekoldfitness.com for class descriptions

ALL LEVEL-VINYASA FLOW YOGA CLASSES

TUES., 4:30 – 5:30 PM

WED. 11:30 AM -12:30 PM

SPECIALTY YOGA CLASSES - Basic to Tone!

- **STRETCH & RESTORE** – relaxing flow combo with Yin/meditation **WED. 7:15-8:15 PM**
- **YOGA SCULPT**– Use of weights optional
WED., 5:45 PM – 6:45 PM - All Level
FRI. 9:15–10:15 AM - All Level

Register via email or call to reserve your slot!

Punch cards -- 6 Classes just \$96!

Individual classes \$20. 1st class just \$15!

Enjoy FAR Infrared Sauna After! – just \$20!

JACKIE KOLD
FITNESS AND YOGA

ENERGY • BALANCE • STRENGTH

Located at 5N201 Shady Oaks Ct.
St. Charles, IL, 60175

Phone 630-584-2254 or email
jkurfit@sbcglobal.net to register!
www.jackiekoldfitness.com