



JKFY YOGA CLASSES



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

ALL LEVEL-VINYASA FLOW – Ladies Only
TUES. 4:30 PM –5:30 PM A great all around class for all levels even beginners!

SPECIALTY YOGA CLASSES - Basic to Tone!

- **STRETCH & RESTORE** – relaxing all level flow combo with Yin and Meditation
WED. 7:15-8:15 PM and **THURS. 7–8:00 PM**
- **YOGA SCULPT**–optional free weights
– **All Level Classes that are Ladies Only:**
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