



BREATHE IN BLISS

Yoga Classes



With Jackie Kold, CPT; CYT, RYT

See www.jackiekoldfitness.com for class descriptions

COED - ALL LEVEL YOGA CLASSES

TUESDAYS, 7:00-8:00 PM

WEDNESDAYS, 11:30 AM -12:30 PM

WED., 7-8:00 PM YIN YOGA with Meditation

LADIES ONLY - HOUR OF POWER YOGA

WEDNESDAYS 5:45-6:45 PM **stay for Yin for just \$10!*

LADIES ONLY - ALL LEVEL YOGA CLASSES

TUESDAYS, 4:30 – 5:30 PM

FRIDAYS, 9:00–10:00 AM YOGA SCULPT

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

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

ENERGY • BALANCE • STRENGTH

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