

# BREATHE IN BLISS

## Ladies Only Yoga Classes



With Jackie Kold, CPI; CYI, RYT

### **ALL LEVEL YOGA CLASSES**

**TUESDAYS from 6:00 – 7:00 PM**

**THURSDAYS from 6:30 – 7:30 PM**

**FRIDAYS 9:00 – 10:00 AM**

### **POWER VINYASA with Free Weights**

**WEDNESDAYS, 5:45-6:45 PM**

Sign up now to reserve your slot!

**Punch cards -- 5 Classes just \$60!**

**Individual classes \$14. 1<sup>st</sup> class just \$10!**

**JACKIE KOLD**  
FITNESS AND YOGA

ENERGY • BALANCE • STRENGTH

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

Contact Jackie at 630-584-2254 or [jkurfit@sbcglobal.net](mailto:jkurfit@sbcglobal.net)

to register and Breathe in Bliss!