

# BREATHE IN BLISS

## Ladies Only Yoga Classes



With Jackie Kold, CPT; CYT, RYT

### **ALL LEVEL YOGA CLASSES**

**TUESDAYS 6:00–7:00 PM**

**THURSDAYS 4:15 – 5:15 pm and 6:30–7:30 PM**

**FRIDAYS 9:00–10:00 AM POWER LIFT -- Use free weights for added strength training if you choose or go without!**

### **ADVANCED YOGA CLASS (level 2/3)**

**WEDNESDAY POWER YOGA 5:45-6:45 PM**

**– More advanced vinyasa with free weight strength training!**

**Sign up now to reserve your slot!**

**Punch cards -- 5 Classes just \$68!**

**Individual classes \$16. 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!**