

JACKIE KOLD FITNESS AND YOGA

ENERGY • BALANCE • STRENGTH



HERITAGE PRAIRIE
FARM

Name: _____
Email: _____
Home Phone: (____) _____ Cell: (____) _____
Address: _____
City: _____ Zip: _____



Location & What to Bring:

Camp begins and ends at Heritage Prairie Farm in Elburn, located at 2N308 Brundige Road rain or shine. If the weather is inclement we will get farm fit in the barn and under the big tent. Campers should bring 2 bottles of water, beach towel, backpack and free weights of choice. Suggested weights: New to lifting – 5 lbs. Experienced: 8 lbs. – 15 lbs. as these are Total Body Moves.

Step 1: Check Off Your Chosen Camp Date(s):

All Camps Run from 9:00 – 10:00 am

____ June 17

____ June 24

If a female family member age 13-22 is participating with you include their name and age – they can qualify to register with you for the **SMOKIN' HOT DEAL!**

Name: _____ Age: ____ Name: _____ Age: ____

Step 2 – Mail Payment & this Form

**PER CAMP COST IS \$35. GET SMOKIN' HOT DEAL: – 2 CAMPS FOR \$55!
– WHILE SLOTS LAST!**



MAIL FORM WITH YOUR CHECK PAYABLE TO:
Jackie Kold Fitness and Yoga: Get Fit on the Farm
5N201 Shady Oaks Court, St. Charles, IL 60175.

Non-clients must complete and also submit the Health History and Waiver found on the studio website under JKFY forms thru the link at the bottom of the site at www.jackiekoldfitness.com with registration.

SPACE IS LIMITED SO DON'T DELAY! CALL JACKIE AT 630-584-2254 for more info!