



## KURE FIT & FLOW STUDIO

Located at 132 Thames Street South in Ingersoll, KURE is a hot yoga and movement studio dedicated to helping people sweat, feel, and release. More than just fitness, KURE creates a true union between body, mind, and soul. Whether you're looking for calm and restorative yoga, or something vibrant and energizing, there's a class for everybody.

### ***The KURE Story***

KURE was founded in 2018 by two local women deeply rooted in Ingersoll: Joeline Parsons, who was born and raised here, and Melissa Ublansky, who has lived in town for over 20 years. Both owners are raising their families in Ingersoll and wanted to create a welcoming space that feels like home — a community where members can move, release stress, and connect with one another.





# Soll SPOTLIGHT SERIES

## Community Commitment

KURE has always believed in giving back. The studio donates countless class passes to local fundraisers and raffles, and regularly runs special classes with proceeds going directly to charities. One of their biggest traditions is their annual holiday campaign in support of Big Brothers Big Sisters, where for the past four Christmases they've collected gifts for local teens in need.

With a growing team of 11 staff, KURE also provides local jobs and continues to be a safe, supportive environment for residents to gather; like family. Their community-first approach earned them a reputation as not just a fitness studio, but a cornerstone of wellness in Ingersoll.

## Services & Solutions

KURE offers a wide range of unique classes:

- Hot Yoga
- Relaxational Yoga
- BUTI Yoga
- And many more styles designed to suit all needs and levels

In addition to classes, the studio also sells yoga mats and props, ensuring participants have the tools they need for their practice.

## Recognition & Achievements

This December marks an exciting milestone: 7 years in business! Over the years, KURE has grown steadily while staying true to its vision of fostering a supportive, family-like community where everyone feels welcome.

## HOMETOWN FAVOURITES

**When they're not in the studio, the team at KURE loves supporting other local businesses, with shout-outs to Shear Hair Studio and Aire Wellness as two of their favourite Ingersoll spots!**

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Kuresoul



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