

Foam Rolling Class



With Jo Ellen Walden

There are Many Health Benefits of Foam Rolling

- * Loosens up the muscles
- * Increases Blood Circulation
- * More Efficient Exchange of Nutrients
- * Loosen the Fascia Within Your Body
- * Increases Flexibility
- * Prevents Injury
- * Limits Soreness
- * Reduces Cellulite

Join Jo Ellen to Learn How to Properly Use Form Rollers for Your Personal Needs.

Wed. Feb 20th 5:30-6:30 pm
(#4661)

Tues. Feb 26th 8:00-9:00 am
(#4662)

Fee: \$26.00*

***36" Foam Roller
Included in Fee**

Register online or at the Front Desk.



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