

# Foam Rolling



With  
Jo Ellen  
Walden

## There are Many Health Benefits of Foam Rolling

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

*Join Jo Ellen for one of these great,  
informative workshops.*

### Foam Rolling Basics

**This class will teach  
you the basics in using a  
foam roller.**

**Tuesday, April 2nd**

**8:00-9:00 am**

(#4663)

**Fee: \$26.00\***

(\*This fee includes a 36" foam roller)

### Foam Rolling Part 2

**Now that you know the  
basics, come learn more  
ways to impact other  
muscle groups with your  
foam roller.**

(must bring your own foam roller)

**Wednesday, April 10th**

**6:30-7:30 pm**

(#4651)

**Fee: \$12**

**Register online or at the Front Desk**



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