ROLLGA

Foam Rolling Workshop

Date: Saturday, December 1, 2018
Time: 9:00 AM-10:00 AM
Location: NEWTON YMCA – Studio B
1701 S. 8th Ave. E.
Newton, Iowa 50208

-Including a ROLLGA giveaway!
- Rollgas will be provided
-FREE TO members and non-members over the age of 14

DO YOU HAVE SORE MUSCLES?

Join us for a fun, informative, hands-on workshop designed to teach you everything you need to know to successfully "roll" out your tight muscles using this unique foam roller.

Call the NEWTON YMCA at 641-792-4006 or stop in to the Welcome Center to register!

Only 10 spots available!

Questions? Contact:
Hannah.Bartlett@Newtonymca.org