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**ROLLGA**

**Foam Rolling Workshop**

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**Date:** Saturday, June 30, 2018

**Time:** 9:30 AM-10:30 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 or stop in to the NEWTON YMCA at 641-792-4006 or stop in to register!**

**Only 10 spots available!**