



# ROLLGA

## Foam Rolling Workshop

**Date:** Saturday, March 27, 2021

**Time:** 9:30 am -10:30 am

**Location:** NEWTON YMCA – Studio B  
1701 S. 8th Ave. E.  
Newton, Iowa 50208

**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.

Stop in at the NEWTON YMCA or call us at 641-792-4006 to register.  
[Hannah.Bartlett@Newtonymca.org](mailto:Hannah.Bartlett@Newtonymca.org)

