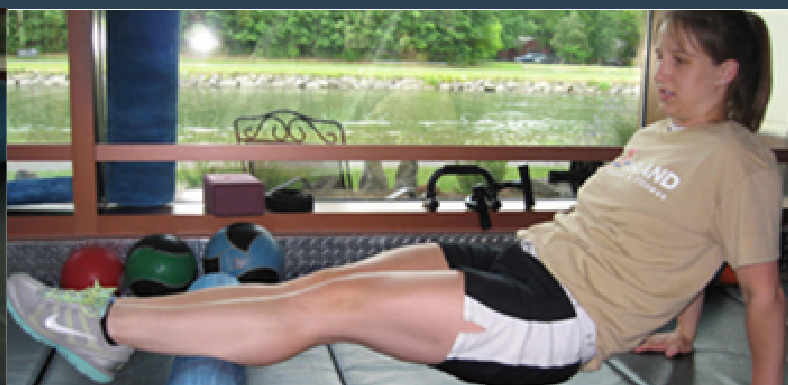




Roll Into The New Year

January 21, 2018 • 2-3:15 PM



WHAT YOU NEED TO KNOW ABOUT FOAM ROLLING

Roll Into January - a restorative workshop dedicated to learning how to use the soft-foam rollers to decrease stress, pain and inflammation in your body. Rolling your fascia is a great way to re-hydrate your body, speed recovery from intense workouts and give your body some love!

And if you have a soft-foam roller at home, this workshop will help you with techniques to build your own routine.

Pre-Register @ the Front Desk

**Limited to first 18 people*

Cost:

\$25 Members

\$30 Non-members

- You can reserve a spot by pre-registering at the front desk

***You may drop-in the day of, but it will be subject to space available.*