

FITNESS PROGRAMS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOAM ROLLING WORKSHOP

Join, Personal Trainer Dawn, for a hands on workshop that will teach you all you need to know about foam rolling. This workshop will educate you on various exercises and stretches using the foam roller. Dawn will also coach you through the moves so you can experience how to do the exercises with proper technique and safe form.

Benefits

- Increases flexibility
- Relieves muscle soreness
- Enhances range of motion
- Prevents injury
- Helps manage stress
- And so much more!

Meeting Time

Tuesday, November 12 | 10:30-11:30 am
OR
Tuesday, November 19 | 5-6 pm

Registration | Fees

Registration is required!

Members: \$10 | Community: \$20

***Participants are required to bring their own foam rollers!**

Questions

Contact Emily Fischer, Fitness Director
emily.fischer@glymca.org | 262.248.6211 x17



Let's Roll!