

FOAM ROLLING CONTINUES



Foam rolling benefits include improved flexibility, muscle recovery, movement efficiency and pain reduction.

25 Minutes on Tuesday
10:35 – 11:00am Lower Studio
5:15 – 5:40pm Upper Studio

As with most group fitness classes, this is a drop-in experience that is part of your membership requiring no additional fees or sign-up.

Be Fit. Be Family. Be Well.

