Would you like to learn how to improve your flexibility, increase blood flow & circulation and reduce injuries or pain? Join us for an educational and interactive foam rolling class where you will learn how to use this valuable rehab tool. Let us teach you how using a foam roller can be an integral part of a healthy and active lifestyle.

The following sessions will be held at Gregory Gym in the Game Room. Space is limited. Reserve your spot today!

October 24th from 12:00-12:45: SIGN UP HERE
November 28th from 12:00-12:45: SIGN UP HERE
December 12th from 12:00-12:45: SIGN UP HERE

The following sessions will be held at Pickle Research Campus in the Bevo Room. Space is limited. Reserve your spot today!

November 3rd from 12:00-12:45: SIGN UP HERE
December 8th from 12:00-12:45: SIGN UP HERE

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