



eliminating racism  
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**ywca**

# GET SERIOUS ABOUT YOUR FASCIA

## Rollga Class Preview MARSHALLTOWN YMCA-YWCA

Join us for a preview of the new foam rolling class, Rollga! "Rolling" your body increases blood flow, range of motion, cellular hydration, decreases muscle soreness and stiffness and increases post-workout recovery.

A Rollga is a unique foam roller designed to target deep into the tissue while avoiding bony processes. Rollga is for ANYONE-- gym newcomer all the way to professional athletes. See what Rollga is all about by attending the below preview classes.

\*\*The preview class is free for anyone.\*\*

**WHEN:** Tuesday, August 15th at 10:15am in Studio 2  
Wednesday, August 16th at 10am and 6:30pm both in Studio 2  
Friday, August 18th at 6am in Studio 2

**COST:** FREE

**QUESTIONS:** Contact Keisha Lockhart at 641.752.8658 ext 224  
or [keisha.lockhart@ymca-ywca.org](mailto:keisha.lockhart@ymca-ywca.org)

