



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ROLL AWAY MUSCLE TIGHTNESS HEAD TO TOE

Yoga Roll Out Workshop STATELINE FAMILY YMCA IRONWORKS BRANCH

Roll away muscle tightness from head to toe during this workshop with RYT500 Instructor, Heidi Eldred. You will be guided through a variety of techniques using a combination of Yoga Tune Up Balls, foam roller and yoga blocks to melt away muscle stress and tightness throughout your body.



BONUS: The Yoga Tune Up Balls will be yours to take home so you can roll out tight muscles beyond this clinic.

Spots are limited so register soon by visiting any branch, using the Stateline Family YMCA App or online at statelineymca.org!

Class will be held in the Spirit, Mind & Body room at Ironworks.

Saturday, December 14
12:00–1:30 p.m.
Spirit, Mind & Body Room

Members: \$32
Non-Members: \$44
(cost includes yoga tune up balls for you to take home)

For more information contact Ashley Hoverson at 608.365.2261 or ahoverson@statelineymca.org.