



# Foam Rolling Fun

For whole body health

Join Motivate's own Donna Moore in this dynamic foam rolling class. Learn how to use this simple tool to improve or maintain your overall muscle and tissue health. Not only will you learn how to hydrate, stretch, and release tension, but you will gain strength and have fun doing it! The healthier your tissues, the better you move. Motion is the lotion for your body, and this is tool to help make your motion more effective and powerful.

## Reasons to foam roll:

- ✓ Improve blood circulation
- ✓ Increase awareness of trigger points
- ✓ Release muscle tension
- ✓ Increase joint flexibility
- ✓ Improve core balance coordination
- ✓ Improve deep core strength
- ✓ Use and move your body better

## Class participation requirements:

- ✓ Wear comfortable clothes
- ✓ The ability to get up and down from the floor
- ✓ A 6" x 36" foam roller (bring your own or purchase a foam roll for \$35.00 at Motivate)

**Preregistration required** for first class (inquire at front desk). All paperwork must be completed and turned in at least one week prior to the start date.

**Investment:** \$20 per class. You may reserve your spot by remitting payment no later than the Thursday prior to each class. Payments are non-refundable. Class size is limited and is on a first-come, first-served basis.

**When:** Every Thursday at 10am, beginning February 8, 2024.

**Where:** Motivate's SelfCare U Studio, 4920 East State Street, Suite 4, Rockford, 61108

***Donna Moore will instruct this class.*** Donna is our dedicated and experienced Rehab Technician. She has been teaching core reeducation exercises, individualized exercise programs, and wellness classes for over 40 years.