



**Collins Aerospace**

REC CENTER

# Roll and Release

## Returning in January!

“Tune up your body” with Roll and Release!

The #1 way to increase athletic performance is by creating a self-care routine. Brenda will teach you how in this program!

Roll, release and regenerate your body!

**Days:** Tuesdays & Thursdays January 21, 23, 28 & 30

**Times:** 11:20 AM-12:20 PM or 6:35-7:35 PM

**Cost:** \$85 (Includes a “tool kit” of 7 balls & a mesh tote-\$65 value.)

**Registration deadline:** January 6

Register through the Club Automation member portal or the new Rec Center app. Information is available at the front desk.

Watch for “Tune Up” classes to be offered after the first of the year for those who have already taken Roll and Release.

