

About The Roll Model[®] Method

The Roll Model Method is a soft-tissue conditioning, self-care fitness format that uses the various Roll Model[®] Therapy Balls for self-myofascial release (self-massage). This may include breath work, CheckIn and ReCheck, elements of alignment, anatomy instruction and mental awareness (such as conscious relaxation).


Contact Brenda for more details...


email: bacloud9@yahoo.com

Standard Personal Training Rates Apply

Schedule by any of the methods below...

 bacloud9@yahoo.com

 +319-295-2552

 Inquire at the front desk

Train with ACSM Exercise Physiologist Brenda Cloud



- BS in Exercise Science - UNI
- Stott Mat Pilates Certified
- Balanced Body Certified
- YogaFit Certified
- Functional Movement L 1&2
- Schwinn Cycling Instructor



“FEEL GOOD! LOVE YOUR LIFE!”



Roll & Release Personal Training

with Brenda



Based on
The Roll Model[®] Method

Erase Pain, Improve Mobility with the Roll Model[®] Method

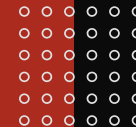
Learn how to TUNE UP YOUR BODY with
fitness professional, Brenda Cloud, using
the Roll Model[®] Method

Self- Myofascial Release

The Roll Model[®] Method is a simple self-
treatment method that teaches you to use
a variety of grippy, pliable rubber therapy
balls to reduce your aches and pains and
reform your body from the inside out.
The therapy balls induce the relaxation
response and take your body into the
rest/digest/recover mode of the
parasympathetic nervous system. The
rest/digest/recover mode is where the
“magic happens.”

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Roll Your Body!



MOVE Better.
FUEL Better.
LIVE Better.

Using therapy
balls is a
wonderful,
powerful way to
improve your
mobility, prevent
injury, and
practice holistic
self-care fitness.



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