



WEEKLY MELT CLASS

Self-care for people that care about their body

SKILL LEVEL: Open to all levels

The Weekly MELT classes are a great way to deepen your MELT practice. We will sample different self-treatment techniques using a foam roller and MELT balls. You will see and feel a difference in your body the first time you come to class.

** If you are unable to get on the floor or you have chronic pain, you may do better with a private class. Please drink water prior to class and make sure you have water with you.

DATES, COST & REGISTRATION INFORMATION

Drop-ins welcome! Register prior to attending class.

CLASS TIME: Mondays from 6:30 – 7:30 PM

Pay by Day: Member: \$12/class Non-Member: \$15

Pay by Month:

- May (1,8,15,22) Member: \$40 Non: \$55
 - June (5,12,19,26) Member: \$40 Non: \$55
- (Monthly fee is based on Member: \$10/class and Non-Member: \$13/class)

CLASS TIME: Thursdays from 8:00 – 9:00 AM

Pay by Day: Member: \$12/class Non-Member: \$15

Pay by Month:

- May (11,18,25) Member: \$30 Non: \$40
 - June (1,8,15,22,29) Member: \$50 Non: \$65
- (Monthly fee is based on Member: \$10/class and Non-Member: \$13/class)

NEW! Annual Fee:

Member: \$360 (\$30/month paid by monthly bank draft)

Non-Member: \$480 (paid in full)

Class size limit: 15 people

ATTIRE:

Please wear comfortable clothes, thin socks/bare feet. Bring your own yoga mat (or use one of the Y's) and your MELT supplies. Some supplies are available for use or purchase if you do not yet own them.



**Don't forget
to bring
water!**



Instructor: Heidi Morrissey

*Trained MELT Method Instructor
and YMCA Pilates Instructor*

Questions?

Contact Heidi at 216-6594
or email meltaberdeen@yahoo.com