



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 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.

MELT BACK IN THE MEDITATIVE STUDIO!!!

DATES, COST & REGISTRATION INFORMATION

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

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

Pay by Month:

- July – 3 Mondays Member: \$30 Non: \$39
(July 12, 19, 26) No class July 5 Instructor: Heidi

(Monthly fee is based on Member: \$10/class and Non-Member: \$13/class)

ATTIRE:

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

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



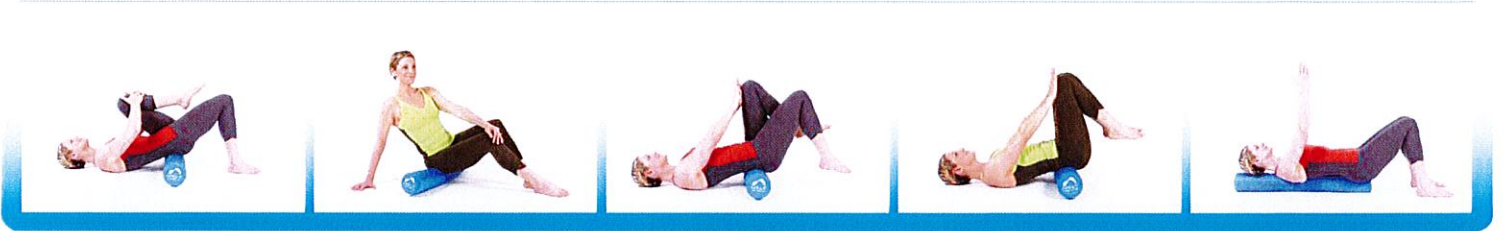
MELT Instructor
Heidi Morrissey

*Trained MELT Method Instructor
and YMCA Pilates Instructor
Contact at 216-6594
meltaberdeen@yahoo.com*





MELT



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What is MELT? The MELT Method® is a breakthrough self-treatment system that restores the supportiveness of the body's connective tissue to eliminate chronic pain, improve performance, and decrease the accumulated stress caused by repetitive postures and movements of everyday living.

Tuesdays 10:30-11:15 AM

PAY BY DAY: Member: \$5/class Non-Member: \$10/class

PAY BY MONTH:

- July – 3 Tuesdays Member: \$12 Non: \$24
(July 6, 20, 27) No class July 13 Instructor: Janene
(Monthly fee is based on Member: \$4/class and Non-Member: \$8/class)

ANYONE WITH AN ANNUAL MELT MEMBERSHIP MAY
ATTEND AT NO COST, BUT MUST STILL REGISTER FOR THE CLASS

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

Janene Papendick
Trained MELT Method Instructor
and YMCA Yoga Instructor
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