



# 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.

## 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:

- September – 3 Mondays Member: \$30 Non: \$39  
(Sept 13, 20, 27) No class 6 Instructor: Heidi

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

**NOTE:** As Heidi's busy schedule takes her out of town, Janene (or Terrill) may be subbing for her on occasion

### **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.**

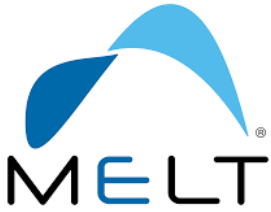
***Don't forget to drink water!***



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:

- September – 4 Tuesdays (Sept 7, 14, 21, 28) Member: \$16 Non: \$32  
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  
Contact at 228-2582  
jkpapendick@abe.midco.net

