



# 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:

- January – 5 Mondays (Jan 3, 10, 17, 24, 31) Member: \$50 Non: \$65 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 will be subbing for her

#### **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  
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