



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:

- August – 5 Mondays Member: \$50 Non: \$65
(Aug 1, 8, 15, 22, 29) 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, 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!**



Heidi Morrissey

*Trained MELT
Method Instructor*

