



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:

- November – 4 Mondays (Nov 7, 14, 21, 28) Member: \$40 Non: \$52
Instructor: Heidi/Terrill

(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

