



# 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 – 4 Mondays Member: \$40 Non: \$52  
**(Jan 8, 15, 22, 29) No Jan 1 Instructor: Heidi/Terrill**

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

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

### ***ATTIRE:***

**Please wear comfortable clothes, thin socks/bare feet.  
Bring your own MELT Roller or use the Y's.**



**Terrill Meier**  
*Trained MELT  
Method Instructor*



**Heidi Morrissey**  
*Trained MELT  
Method Instructor*