



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 3, 10, 17, 24)

Member: \$40 Non: \$52
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*