



# MELT FOR SWING SPORTS AND SHOULDER ISSUES

*Self-care for people that care about their body*

**3-WEEK SERIES...**

**COME TO ONE OR ALL**

**Wed June 10, 17, 24 (5:15-6:15pm)**

**LOCATION: Meditative Studio**

**SKILL LEVEL: Open to all levels**

Whether your sport is Golf, Softball, Pickleball, Tennis or Racquetball... Melt for shoulders is a gentle self-treatment technique designed to reduce shoulder pain and improve mobility by rehydrating connective tissues (fascia) and restoring joint stability using a soft foam roller.

All supplies are provided to use during class and are available after class.

**Learn easy self-treatments to help you live pain free!**

**ATTIRE: wear comfortable clothing (no hoodies) & bring water to drink.**

**OPTION TO ORDER MELT EQUIPMENT!**

## **COST**

Member Cost: \$10 per class

Non-Member Cost: \$10 per class

**OR \$25 FOR ALL THREE CLASSES**

*Registration starts: Wed May 27, 2026*

*(Sign up at Member Services Desk)*

**Limited to 16 people**

**Instructor: Heidi Morrissey**

*Assistant Instructor:*

*Terrill Meier*

## **Questions?**

Contact Terrill at 225-4910

or email [tmeier@aberdeenymca.org](mailto:tmeier@aberdeenymca.org)

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

