



# MELT

## Neuro-Strength

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

**3-WEEK SERIES...**

**COME TO ONE OR ALL**

**Wed Aug 5, 19, 26 (5:15-6:15pm)**

**LOCATION: Meditative Studio**

**SKILL LEVEL: Open to all levels**

Melt for Neuro-Strength is an advanced phase of MELT Method designed to neurologically stabilize your joints and core. It combines soft-roller self-massage with precise movements to improve muscle timing, balance and sensorimotor control, reducing injury risk and enhancing athletic performance.

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**

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

*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@aberdeenyumca.org](mailto:tmeier@aberdeenyumca.org)

