



# SAVE YOUR HIPS!!

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

**3-WEEK SERIES...**

**COME TO ONE OR ALL**

**Wed July 8, 15, 22 (5:15-6:15pm)**

**LOCATION: Meditative Studio**

**SKILL LEVEL: Open to all levels**

Melt for hips is a gentle self-treatment technique designed to reduce hip 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**

***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)

