



SAVE YOUR LOW BACK!!

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 Low Back is a gentle self-treatment technique designed to reduce low back 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@aberndeennymca.org

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

