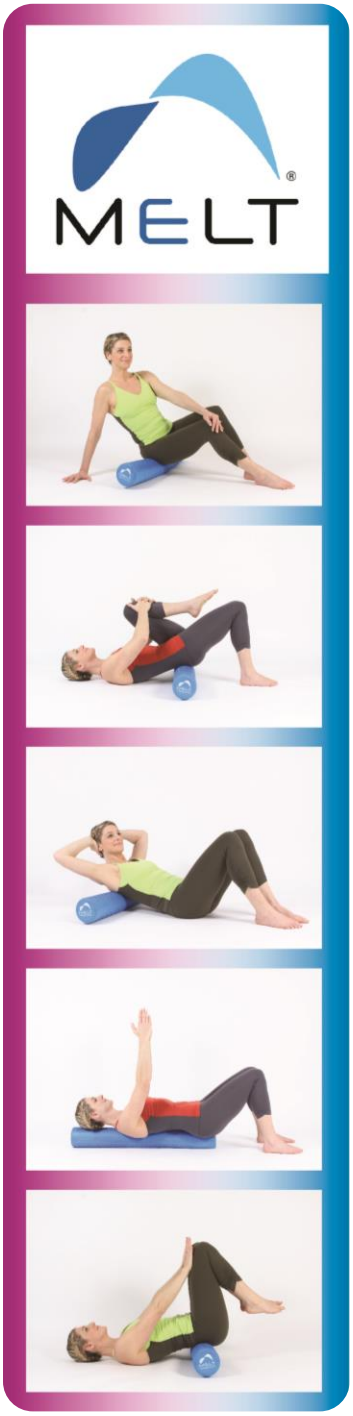


DAYTIME POP-UP!!!

MELT FOR HIPS!!

Self-care for people that care about their body



Thurs Nov 5, 2026 (1:00-2:00pm)

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

Registration starts: Wed Oct 21, 2026
(Sign up at Member Services Desk)

Limited to 16 people

Don't forget to bring water!

Instructor: Heidi Morrissey

Questions?
Contact Terrill at 225-4910
or email tmeier@aberdeenymca.org

the YMCA