

**FREE DEMO CLASSES!**

September 14, 16, 17

**FITNESS**  
COLLECTIVE



## Ready, set, MELT!

MELT (Myofascial Energetic Length Technique) uses special foam rollers and MELT hand and foot balls to teach you how to create a strong, flexible body that maintains a pain-free upright posture for life. You will see and feel results after just one class! (Try a free demo class and see for yourself.)

Do you wake up feeling stiff and achy? Does your back hurt after a day of work? Do you want to be more flexible, but endless stretching doesn't seem to help? You don't need to stretch your muscles—you need to hydrate your connective tissue!

\$100 for six weeks  
(six 1-hour classes)

**MELT**

*Sundays 10 am*

*Tuesdays 9:30 am*

*Wednesdays 7:30 pm*

The M.E.L.T. Method is the first and only targeted system that addresses this missing link to pain-free fitness.

MELT improves the results of every other exercise program. Whether you're a runner, a cyclist, or into weight training, yoga, Pilates, or kickboxing, you'll get more out of your workouts with the addition of MELT.

Even if you're out of shape, pregnant, recovering from an injury, or have chronic pain or a knee or hip replacement—you can still MELT. It's the best starting point for any fitness program.

Call 718-499-1849 to sign up for one of our new 6-week MELT workshops starting the week of September 21. And don't miss our FREE demo classes: September 14 at 10 am, September 16 at 9:30 am, and September 17 at 7:30 pm.

MELT improves:

- flexibility
- muscle tone
- posture & alignment
- range of motion
- sleep
- core strength

MELT reduces:

- aches & pains
- tension & stress
- headaches
- signs of aging
- cellulite
- risk of injury

