



MELT FOR RUNNERS
WITH MELT INSTRUCTOR & TRIATHLETE MEEGAN DESCHENEUX

RUNNING A 5K OR MARATHON?

MELT FOR RUNNERS HELPS ATHLETES PREVENT PAIN, HEAL INJURY AND
ERASE THE NEGATIVE EFFECTS OF TRAINING.....

LEARN TO SELF TREAT BY USING MELT BALLS & MELT ROLLERS:
REHYDRATE CONNECTIVE TISSUE
ENHANCE BODY AWARENESS
REJUVENATE JOINT SPACE
EACH PARTICIPANT RECEIVES A MELT MAP (PERSONALIZED MELT PROGRAM)

DATE: SATURDAY OCTOBER 9TH
TIME: 4PM TO 5:30PM (90 MINUTES)
LOCATION: 24 E. 13TH STREET

MEMBER FEE: \$50
NON MEMBER FEE: \$75

TO REGISTER: CALL 13TH ST.: 212-924-4600

****COMING SOON****
NOVEMBER 13TH: MELT FOR CYCLISTS & SPINNERS
DECEMBER 11TH: MELT FOR SWIMMERS