

MELT® FOR DANCERS

@ Dance Dynamix

Whether you dance barefoot, in heels, ballet shoes, or sneakers, rehydrating your feet and body after all the joint compression caused by dancing is essential to keeping your feet and body pain-free!

In this class we will Melt® away the tough toll dancing can have on your body. We will use Melt® rollers, balls and bands as gentle tools to get your connective tissue and fascia to its maximum dancing potential.

MELT for DANCERS. Ages 12 through adult. All levels welcome!

Sundays July 11th-August 15th

5:00 – 6:00 p.m.

Dance Dynamix

**521 East Main Street
Lititz, PA 17543**

Fee: \$100 for 5-week session. We will provide equipment which can be purchased for an additional cost.

Questions:

**DanceDynamixDDX@gmail.com
or call 717-940-4742**

To reserve your space: PayPal
DanceDynamixDDX@gmail.com

Venmo @DanceDynamixDDX

