



Specialty Class **MELT METHOD**

The MELT Method is a self-treatment technique that uses a soft body roller and small MELT balls to reduce pain, improve performance and help you stay healthy for a lifetime. If you wake up stiff in the morning, or suffer from neck pain, back pain, planter fasciitis or if you have no pain and want to stay that way, this class is for you! We offer on-going MELT classes, workshops, intro classes and private sessions. Please speak to certified MELT Method Instructor, Cyndy DuVal at cyndyandmichellefitness@gmail.com. For more information on MELT, visit: www.meltmethod.com.

Private Coaching *On Nutrition*

A one on one guided approach that will help you learn about clean eating and inflammatory foods, GMO and NON-GMO (reading food labels). You will learn the negative effects sugar has on our bodies and our teeth, water balance and the importance of proper macronutrient ratios, pre and post workout foods: what to eat and when, as well as food prepping, healthy recipes and so much more. Please speak to Precision Nutrition Coach, Sara Bell for more detail: 248-236-0035.

