



Minnetonka Community Education Adult Fall Fitness Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>Sculpt & Tone 9:30-10:30am MCEC</p> <p>Zumba 9:30-10:30am MCEC</p> <p>STOTT Pilates: Intermediate/Advanced Mat & Barre 9:30-10:30am MCEC</p> <p>STOTT Pilates: Essential Mat 10:30-11:30am MCEC</p>	<p>Fall Yoga Flow & Barre <i>Barre + Yoga + Weights</i> 8:20-9:10am <i>Vinyasa Yoga</i> 9:20-10:10am MCEC</p> <p>Gentle Flow Yoga 10-11am MCEC</p>	<p>Zumba 9:30-10:30am MCEC</p> <p>Pilates for Buff Bones 8-9am MCEC</p> <p>Kettlebells 10:45-11:30am MCEC</p> <p>Women's Beginning Intermediate Tennis 11am - 12:30pm Minnetonka Tennis Club</p>	<p>New! Power Yoga Flow 9:30-10:30am MCEC</p> <p>Gentle Flow Yoga 10-11am MCEC</p>	<p>Outdoor Fitness Bootcamp 8-9am MCEC</p> <p>Sculpt and Tone 9:30-10:30am MCEC</p>
	Evening	<p>New! Fascial Stretch 12:15-12:45pm MCEC</p> <p>Gentle Flow Yoga 4:15-5:15 or 6:45-7:45pm MCEC</p> <p>Traditional Yoga 6-7pm MCEC</p> <p>Tae Kwon Do 6-7pm MCEC</p>	<p>Women's Beginner Tennis 1:30-3pm Minnetonka Tennis Club</p> <p>Traditional Yoga 6-7pm MCEC</p>	<p>Advanced Beginner Tennis Lessons for Women 1:30-3pm Minnetonka Tennis Club</p> <p>Tae Kwon Do 6-7pm MCEC</p> <p>Open Volleyball for Advanced Players 6:30-9:30pm MCEC</p>	<p>Pilates - Mat 1 4:15-5:15pm MCEC</p> <p>Traditional Yoga 6-7pm MCEC</p>

To register visit www.minnetonkacommunityed.org or call 952-401-6800