



Minnetonka Community Education Adult Summer Fitness Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>Cardio Dance Jam 9:30-10:30am MCEC</p>	<p>Morning Lakeside Yoga Flow 7-7:50am Wayzata Beach</p> <p>Gentle Flow Yoga 10-11am MCEC</p>	<p>Cardio Dance Jam 9:30-10:30am MCEC</p> <p>Pilates for Buff Bones® 8-9am MCEC</p> <p>Beginner to Advanced Beginner Tennis 9-10am Wayzata Bell Courts</p> <p>Kettlebells 10-10:45am MCEC</p>	<p>Gentle Flow Yoga 10-11am MCEC</p>	<p>Outdoor Family Fitness Bootcamp Ages 9+ 8-9am MCEC</p> <p>Sculpt and Tone 9:30-10:30am MCEC</p>
Evening	<p>Gentle Flow Yoga 6:15-7:15pm MCEC</p> <p>Sunset Yoga Flow 8-9pm Robinson's Bay Beach</p>	<p>Pilates for Buff Bones® 5-6pm MCEC</p> <p>Traditional Yoga 6:15-7:15pm MCEC</p> <p>Beginner to Advanced Beginner Tennis 6:30-7:30pm MMW</p> <p>Intermediate Tennis 7:30-8:30pm MMW</p>	<p>5 Elements Qigong 6-6:45pm Wayzata City Hall Park</p> <p>Tae Kwon Do 6-7pm MCEC</p> <p>Beginner to Advanced Beginner Tennis 7-8pm Wayzata Bell Courts</p>	<p>Buti Yoga 5-6pm Wayzata City Hall Park</p> <p>Traditional Yoga 6:15-7:15pm MCEC</p>	<p><i>One-time Events</i></p> <p>Summer Solstice Yoga Thurs June 21 7-8am Wayzata Beach</p> <p>Outdoor Family Yoga June 16, July 21, or Aug 18 9-10am Wayzata Shaver Park</p>

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