



Tension and Stress Release Exercise

Calendar By Day of the Week

Dates and locations subject to change

Please text "summeroftre" to 612-421-7120 for notifications

Visit belovemn.com/tre to complete two quick forms or arrive early!

Wednesdays @ 9 am

Begin in July

July 14, 21, 28

August 4, 11

Windom Park, Northeast

Meet near the trees closest to Johnson Street

Thursdays @ 10 am

June 24 at Webber Park

Meet near the forest on the west side

July 1, 8, 15, 22, 29 at Powderhorn Park

Meet near the tennis courts

August 5, 12, 19, 26 at Matthews Park

September 2, 9, 16 Location TBD

Fridays @ 5:30 pm

June 25, Sheridan Memorial Park

July 2 Gold Medal park

July 16 Powderhorn Park

July 9, 23, 30 on Zoom

August 6, 20 on Zoom

August 13, Jackson Square Park

September 3, 17 on Zoom

September 10 for Jeanne's Birthday location TBD

Saturdays @ 10 am

June 26 at Webber Park

July 24 at Washburn Fair Oaks Park

August 14 at Sheridan Memorial Park, Northeast

September 18 @ Kenwood Park

All classes are free. Please bring a towel, a blanket or a mat to lie on. Visit the FAQ at belovemn.com/tre for more information.