



## Tension and Stress Release Exercise

### By Location

Dates and locations subject to change

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

Visit [belovemn.com/tre](http://belovemn.com/tre) to complete two quick forms or arrive early!

#### Windom Park

*Near the trees off Johnson, north of the tennis courts*

**Wednesdays: July 14, 21, 28, August 4 & 11 @ 10 am**

#### Webber Park

**Thursday June 24, 10 am**

**Saturday June 26, 10 am**

*Meet near the forest on the west side of parking*

#### Powderhorn Park

*Meet near the tennis courts*

**Thursdays: July 1, 8, 15, 22, 29 @ 10 am**

**Friday July 16 5:30 pm**

#### Matthews Park-Seward

**Thursdays August 5, 12, 26, 10 am**

#### Sheridan Memorial Park

**Friday June 25 @ 5:30 pm**

#### Gold Medal Park

**Friday July 2 @ 5:30 pm**

#### Washburn Fair Oaks Park

**Saturday July 24 @ 10 am**

#### Bottineau Park

**Saturday July 31 @ 10 am**

## **Virtual on Zoom**

*Fridays: July 9, 23, 30 on Zoom*

*Fridays: August 6, 20 on Zoom*

*September 3, 17 on Zoom*

## **Jackson Square Park**

Friday August 13 @ 5:30 pm

## **Location TBD**

Thursdays: September 2, 9, 16 @ 10 am

Friday September 10th, Jeanne's Birthday!

## **Kenwood Park**

Saturday September 18 @ 10 am

**All classes are free. Please bring a towel, a blanket or a mat to lie on.**

**Visit the FAQ at [belovemn.com/tre](http://belovemn.com/tre) for more information.**