



Tension and Stress Release Exercise

Calendar by Month

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!

JUNE

Thursday at 10 am
June 24, Webber Park

Friday at 5:30 pm
June 25, Sheridan Memorial Park

Saturdays at 10 am
June 26, Webber Park Camden

JULY

Wednesdays 9 am
July 14, 21, 28 Windom Park Northeast
Meet near the trees off Johnson

Thursdays at 10 am
July 1, 8, 15, 22, 29 at Powderhorn Park
Meet near the tennis courts

Fridays at 5:30 pm
July 2 Gold Medal park
July 16 Powderhorn Park

Saturdays at 10 am
July 24 at Washburn Fair Oaks Park
July 31 at Bottineau Park

July 9, 23, 30 on Zoom

August

Wednesdays 9 am

August 4, 11 at Windom Park Northeast

Fridays 5:30 pm

August 13, Jackson Square Park

August 6, 20 on Zoom

Thursdays 10 am

August 5, 12, 19, 26 at Matthews Park

Saturdays 10 am

August 14, Sheridan Memorial Park

September

Thursdays 10 am

September 2, 9, 16 Location TBD

Fridays at 5:30 pm

**September 10, Location TBD for
Jeanne's Birthday!**

September 3, 17 on Zoom

Saturdays at 10 am

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.