

Edina Community Education

Adult Fitness Classes

Winter 2019 Drop-in Rates

Not sure if a class is right for you? Looking to try something new?
 Can't commit to a full session of classes due to travel or other conflicts?

Our Drop-In Option is just for you. It's easy....simply

- ✓ pay for the class at the Community Ed Office (or instructor if office is closed)
- ✓ sign in on the clipboard in the fitness room
- ✓ indicate whether you paid in the office or the instructor

Course Name	Drop-in Rate \$
Adult Beginning Ballet	16
Aqua Boot Camp, Arthritis Aquatics	10
Barre Above Express, Barre Strength	13
Body Shape 55+	10
Cardio Pump Circuit	10
Classic Nia	10
Core Essentials	10
Decades of Dance	11
Gentle Kripalu Yoga	16
Gentle Kripalu Yoga with Sharon	13
Happy Hour Workout	8
Kettlebells	17
Kripalu Yoga for Stress Reduction	16
Lean Out	10
Low Impact Fitness	11
Low Impact Fitness - Short and Sweet!	10
Low Impact Stress Flex and Move	12
Mindful Monday Yoga	13
P90X Live	14
Pilates Barre, Pilates Core Strength, Pilates Plus	16
Senior Water Aerobics	10
Spring Forest Qigong	7
Tai Chi	13
Viniyoga	15
Water Aerobics, Water Stretch and Tone	10
XABeat Dance Cardio	9
Yoga for Life – Hatha	15
Yoga Sculpt at ECC	12
Zumba, Zumba Triple Fusion	12