

Adult Fitness Classes

Edina Community Education - Winter 2017 Drop-in Rates

Not sure if a fitness class is right for you? Looking to try something new?
Hesitating to sign up for a full session of classes because of 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 Open Swim	7
Aerobic Fun Fitness	9
Aqua Boot Camp	8
Arthritis Aquatics	8
Barre Sculpt	13
Barre Strength	12
Bells, Bars, Bands	13
Belly Dancing	11
Body Shape 55+	9
Boot Camp Basics	13
Boot Camp Xpress	11
Cardio Core Fusion	9
Cardio Sculpt Intervals	9
Decades of Dance	9
Gentle Kripalu Yoga	13
Gentle Vinyasa Yoga	13
Lean Out	9
Low Impact Fitness Short & Sweet	8
Men & Women Low Impact Fitness	9
Oodles of Noodles	5
P90XLive	13
Pilates	14
Pilates – Barre, Core Strength	15
Piloxing	12
Senior Sit Fit	8
Senior Water Aerobics	8
Step and Sculpt	9
Stretch, Flex, and Move	9
Tai Chi – Beg/Int	12
Viniyoga	14
Vinyasa Yoga	13
Water Aerobics, Water Stretch and Tone	8
XaBeat – Dance Cardio & Happy Hour	11
Yoga for Life – Gentle	13
Yoga for Life – Gentle: Standing/Chair	9
Yoga for Life – Hatha, Intermediate Hatha	15
Yoga from the Very Beginning	13
Zumba, Zumba Gold, Zumba Triple Fusion	11