



April

Healthy Living Class Schedule

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
4:30 pm Strengthening Suspension	5:30 pm Restorative Yoga	4:00 pm The Elements of Movement	8:00 am Get Balanced	12:00 pm Restorative Yoga
5:30 pm Pilates		4:00 pm Healthy Sleep	12:00 pm Gentle Yoga	
		4:00 pm Relaxation Techniques	4:00 pm Relaxation Techniques	
		5:30 pm Prenatal Yoga	4:30 pm The NEAT Experience	
			5:30 pm Gentle Yoga	

COOKING WELL

5:00-7:00 pm
Tues, April 12

A fresh Take on Taco Tuesday
If tacos are in your weekly regimen but have lost their luster, then learn how to change them up so it's not only more exciting but a little bit healthier too! Chef will prepare condiment toppings and fiesta slaw to complete the meal.

Recipes: Lean beef and turkey tacos with quinoa, pico de gallo and guacamole

5:00-7:00 pm
Fri, April 29

Culinary Technique: Risotto
Want to try something new for dinner that captures the flavor of delicious seasonal spring peas? Master the technique of healthier risotto. Chef will prepare a Romaine salad with a light creamy Caesar dressing to complete the meal.

Recipes: Risotto with spring peas and Asiago cheese, vegetable risotto, barley risotto

ABOUT YOUR VISIT

Healthy Living Classes are available to patients, visitors, employees and community members.

Visit healthyliving.mayoclinic.org to learn more or call 507-293-2933 to make a reservation.

*All classes are 45 minutes in length unless otherwise noted



Physical Activity Classes

**The NEAT Experience:
Sit Less, Move More**

Explore novel ways to build movement into your day and burn calories without exercising.

60 minutes - \$25

**Strengthening with
Suspension**

Set aside the dumbbells for this effective total-body workout that will build muscle, increase your heart-rate, engage your core, and activate those neglected muscles.

45 minutes - \$10

Get Balanced

Improve your standing balance in this quick and easy workout. You'll strengthen your lower body, improve core strength and decrease your risk for all related injuries.

45 minutes- \$10

Pilates

Ease everyday movements and improve postural awareness. The Pilates method of mind-body exercise is an innovative system of total body conditioning that utilizes a variety of equipment.

45 minutes - \$10

Elements of Movement

Improve your mobility and coordination while you learn more about the ways your body can move.

45 minutes - \$10

Resiliency Classes

Restorative Yoga

Practice conscious relaxation through a few select yoga postures designed to calm, comfort and restore. This restful experience is customized for you using equipment such as pillows, cushions and yoga blocks. Easing into these supported postures fosters physical, mental and emotional restoration.

45 minutes - \$10

**Healthy Sleep to Energize
Your Life**

Learn to tackle sleep disturbances to get the full benefits of a restful night, including more energy and improved quality of life.

45 minutes - \$25

Gentle Yoga

Experience a calming, gentle yoga session with our certified yoga instructors to enhance stretching, ease tension and create space for relaxation and rejuvenation.

45 minutes - \$10

Prenatal Yoga

Discover how gentle yoga postures, breathing and relaxation techniques can relieve the discomforts associated with pregnancy. All who are new to yoga and currently practicing are welcome.

45 minutes - \$10

Relaxation Techniques

Immerse yourself into a variety of relaxation modalities including; stretching to release tension; breath-work to connect your mind, body, and spirit; and progressive muscle relaxation to leave you feeling refreshed. Relaxation techniques can assist you in staying present moment focused, cope with stressful situations and initiate a sense of calm that can help with a good night's sleep.

45 minutes - \$10

Nutrition Classes

Cooking Well

Learn practical cooking skills and delicious nutritious recipes from our wellness executive chef and registered dietitian nutritionists in this hands-on participation class. Menus change regularly. **120 minutes - \$60**

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