



December 2016

Healthy Living Class Schedule

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<b>4:30 pm</b> Strengthening with Suspension	<b>12:00 pm</b> Relaxation Techniques	<b>12:00 pm</b> Prenatal Yoga	<b>8:00 am</b> Get Balanced	<b>12:00 pm</b> Restorative Yoga
<b>5:30 pm</b> Pilates	<b>5:30 pm</b> Restorative Yoga	<b>4:00 pm</b> Relaxation Techniques	<b>12:00 pm</b> Gentle Yoga	
		<b>4:00 pm</b> Elements of Movement	<b>12:00 pm</b> Pilates	
			<b>4:30 pm</b> Strengthening with Suspension	
			<b>5:30 pm</b> Gentle Yoga	

COOKING WELL

**5:00-7:00 pm**

**Fri, Dec 9**

Healthy Homemade Pizza

Put away the frozen pizzas; bring out your mixer and make quick-rise homemade pizza dough. Layer with fresh marinara sauce and toppings to give your pizza that gourmet look and taste. Chef will prepare a house salad with choice of dressing to complete the meal.

**Recipes:** Whole-Wheat Pizza Dough and Homemade Marinara

**5:00-7:00 pm**

**Weds, Dec 21**

Chicken and Potatoes, Renewed

Cooking for the New Year can be hard when the temptation lingers for higher-calorie fare. Plan to start your year right by joining a Cooking Well class and learning how to cook traditional recipes with a healthier spin.

**Recipes:** Chicken Marsala Sauce, Mashed Cauliflower Potatoes

ABOUT YOUR VISIT

Healthy Living Classes are available to patients, visitors, employees and community members. Private and Semi-Private sessions available upon request.

Visit [healthyliving.mayoclinic.org](http://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.  
\*\*Payment is due at time of registration.



### Physical Activity Classes

#### Strengthening with Suspension

Develop your strength, cardiovascular fitness, coordination and stability with the use of a suspension trainer; a system of straps and handles allowing you to train with your own body weight.

**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

Improve your core strength, balance, and flexibility in this class led by our certified Pilates instructors.

**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**

#### 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, and progressive muscle relaxation to leave you feeling refreshed.

**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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