



Healthy Living Classes

NOV 2015

MONDAYS

- 4:30pm Intro to Suspension
- 4:30pm Strengthening Suspension
- 5:15pm Get Wired
- 5:30pm Gentle Yoga
- 6:30pm Pilates

TUESDAYS

- 5:30pm Restorative Yoga

WEDNESDAYS

- 7:30am Intro Pilates
- 4pm Healthy Sleep
- 4pm Relaxation Techniques
- 4pm Elements of Movement
- 5:30pm Prenatal Yoga

THURSDAYS

- 8am Get Balanced
- 12pm Gentle Yoga
- 4pm Relaxation Techniques
- 4:30pm The NEAT Experience

FRIDAYS

- 7:30am Elements of Movement
- 12pm Restorative Yoga
- 4pm Foam Roller

ABOUT YOUR VISIT

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

Healthy Living Classes are available to all who are interested in improving their wellness, including the broader public, Mayo Clinic patients, travel companions and Mayo Clinic employees.

COOKING WELL (SEE NEXT PAGE)

- 6-8pm Tues, Nov 3 Pumpkin Treats
- 6-8pm Fri, Nov 20 Butternut Squash Raviolis

*All classes are 45 minutes in length unless otherwise noted with an end time. Classes subject to change, updates will not be made to this calendar, call for details.



Healthy Living Classes

COOKING WELL

Nov 3 • Dinner

Pumpkin Treats

Make your favorite pumpkin treats healthier by learning different ways to cut calories, but not flavor or texture.

Recipes: Pumpkin spice cake, pumpkin cheesecake, pumpkin souffles

Nov 20 • Dinner

Butternut Squash Raviolis

Learn how to make fresh pasta and use up the garden squash!

Recipes: Ravioli dough, butternut squash filling, and sage cream sauce