



January 2017

Healthy Living Class Schedule

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<b>4:30 pm</b> Strengthening with Suspension	<b>12:00 pm</b> Introduction to Yoga	<b>11:00 am</b> Gentle Yoga	<b>8:00 am</b> Get Balanced	<b>12:00 pm</b> Restorative Yoga
<b>5:30 pm</b> Pilates		<b>12:00 pm</b> Prenatal Yoga	<b>11:00 am</b> Relaxation Techniques	
		<b>4:00 pm</b> Elements of Movement	<b>12:00 pm</b> Pilates	
			<b>12:00 pm</b> Gentle Yoga	
			<b>4:30 pm</b> Strengthening with Suspension	

### GROUP COOKING CLASS

Learn practical cooking skills and delicious nutritious recipes from our wellness executive chef and registered dietitian nutritionists in our hands-on participation kitchen.  
Call 507-293-2933 to schedule.

### 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. \*No prior yoga experience required.

**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. *\*Prior yoga experience required.*

**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. \*No prior yoga experience required.

**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. \*No prior yoga experience required.

**45 minutes - \$10**

**Introduction to Yoga**

Are you curious about yoga and always wanted to give it a try? This class is for you. Learn to consciously breathe, gently move, and focus your mind. *\*No prior yoga experience required.*

**45 minutes - \$10**

Nutrition Classes

**Group Cooking Class**

Learn practical cooking skills and delicious nutritious recipes from our wellness executive chef and registered dietitian nutritionists in our hands-on participation kitchen.

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