



July

Healthy Living Class Schedule

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

COOKING WELL

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

Peaches and Pork
Got peaches and don't know what to do with all of them? We will cook them down into a sweet and savory sauce that will enhance our perfectly cooked lean pork tenderloin. Meal will be accompanied by a cauliflower dish that is full of flavor.
Recipes: Spiced peach compote, roasted pork tenderloin, mashed cauliflower au gratin and seasonal vegetables

5:00-7:00 pm
Tues, July 19

Healthy Homemade Pizza
Put away the frozen pizzas; bring out your mixer! Make quick rise homemade pizza dough. Then layer with fresh marinara sauce and toppings that will give your pizza that gourmet look and taste. Chef will prepare a house salad with choice of dressing to complete the meal.
Recipes: Wheat pizza dough and homemade marinara

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

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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