



Healthy Living Classes

JULY 2015

Closed July 3 & 4

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
- 6-8pm Cooking Well
(July 7, 21 Only)

WEDNESDAYS

- 7:30am Intro Pilates
- 4pm Healthy Sleep
- 4pm Relaxation Techniques
- 4:30pm The NEAT Experience
- 5:30pm Prenatal Yoga

THURSDAYS

- 8am Get Balanced
- 12pm Gentle Yoga
- 4pm Relaxation Techniques

FRIDAYS

- 7:30am The NEAT Experience
- 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.

*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

July 7 • Dinner

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.

Recipes: Spiced peach compote, roasted pork tenderloin, mashed cauliflower au gratin and seasonal vegetables

July 21 • Dinner

Walleye and Mango Chutney

Been fishing on the lake? Learn how to spice up your fresh catch! Your meal will be accompanied with rich in flavor, yet light in calories scalloped potato dish.

Recipes: Blackened walleye, mango chutney, citrus rémoulade