



Healthy Living Classes

JUNE 2015

MONDAYS

- 11am-1pm** Cooking Well
(June 8, 29 Only)
- 4:30pm** Intro to Suspension
- 4:30pm** Strengthening Suspension
- 5:15pm** Get Wired
(June 1, 15, 29 Only)
- 5:30pm** Gentle Yoga
(June 1, 8, 15, 22 Only)
- 6:30pm** Pilates

TUESDAYS

- 11:30am-12pm** Meditation
- 12pm** Gentle Yoga
(June 2, 9, 16, 23 Only)
- 4pm** Functional Interval Training
(June 9, 23 Only)
- 4:30pm** Prenatal Yoga
- 5pm** Foam Roller
- 5:30pm** Gentle Yoga
- 6-8pm** Cooking Well
(June 2, 23 Only)

WEDNESDAYS

- 7:30am** Intro Pilates
- 7:30am** Gentle Yoga
- 4-5pm** Healthy Sleep
- 4:30pm** The NEAT Experience
- 4:30pm** Strengthening Suspension
- 5:30pm** Prenatal Yoga
- 6:30pm** Tai Chi

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.

THURSDAYS

- 8am** Get Balanced
- 12pm** Gentle Yoga
- 1pm** Intro to Yoga

FRIDAYS

- 7:30am** The NEAT Experience
- 7:30am** Gentle Yoga
- 10-10:30am** Meditation
- 4pm** Foam Roller

*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

June 2 • Evening

BBQ Chicken 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. Your meal will be accompanied with a fresh Caesar salad prepared by the chef while your pizza is cooking.

Recipes: BBQ chicken pizza with caramelized onions and feta cheese

June 8 • Lunch

Rubs and Marinades

Whether you're cooking filet mignon or tofu, it all deserves to have lots of flavor and be healthy too. Go Greek with souvlaki, venture across the Mexican border for some carne asada or chimichurri, or keep it Midwest local with a BBQ or herb rub. Healthy does not mean bland!

Recipes: Souvlaki, carne asada, chimichurri marinade, BBQ rub, herb rub

June 23 • Evening

Jumbo Lump Crab Cakes

Add variety to your seafood menu by learning how to make crab cakes that are flavorful and filling. Serve them up with a fresh avocado salsa and a quick and easy risotto to round out the meal.

Recipes: Crab cakes, avocado salsa, roasted poblano risotto

June 29 • Lunch

Fish 3 Ways

Preparing seafood can be intimidating. Let's take the nerves out of it and learn how to cook any seafood to perfection with three different techniques.

Recipes: Grilled salmon, roasted jumbo lump crab cakes, pan seared cod