



March 2018

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>6:45 am</b> Pilates Reformer	<b>12:00 pm</b> Restorative Yoga
<b>4:30 pm</b> Pilates Reformer	<b>12:00 pm</b> Pilates Reformer	<b>12:00 pm</b> Pilates Reformer	<b>8:00 am</b> Get Balanced	
		<b>4:00 pm</b> Elements of Movement	<b>12:00 pm</b> Pilates Reformer	
		<b>5:30 pm</b> Prenatal Yoga	<b>12:00 pm</b> Gentle Yoga	
			<b>4:30 pm</b> Strengthening with Suspension	

### ABOUT YOUR VISIT

Healthy Living Classes are available to patients, visitors, employees and community members.

Locker rooms are available for use when attending a class. Amenities include secure lockers, shower facilities, steam room and whirl pool (please bring swimsuit to utilize).

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 Reformer

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**

#### 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**

### Private Sessions

#### Physical Activity

The Private Session in Physical Activity is an individualized one-hour session with a physical activity expert focusing on topics such as personal fitness goals, exercise strategies, and more.

**60 minutes - \$90**

#### Resilience

The Private Session in Resilience is an individualized one-hour session with a resiliency specialist focusing on topics such as stress management, mind-body practices, and behavior change.

**60 minutes - \$90**

#### Nutrition

The Private Session in Nutrition is an individualized one-hour session with a wellness dietitian focusing on topics such as meal planning, sports nutrition, eating out, nutrition for weight loss, and more.

**60 minutes - \$90**

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