



# HEALTHY LIVING PROGRAM

August 2018

## Healthy Living Class Schedule

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
4:30 pm Strengthening with Suspension	12:00 pm Introduction to Yoga	11:00 am Gentle Yoga	8:00 am Get Balanced	12:00 pm Restorative Yoga
4:30 pm Pilates Reformer (All Levels)	12:00 pm Experienced Pilates	12:00 pm Pilates Reformer (All Levels)	12:00 pm Experienced Pilates	
		4:00 pm Elements of Movement	12:00 pm Gentle Yoga	
		5:30 pm Healthy Living Speaker Series	4:30 pm Strengthening with Suspension	

### ABOUT YOUR VISIT

Healthy Living Classes are available to patients, visitors, employees, and community members. Please check in at the 6<sup>th</sup> floor desk for your class and complete payment. All classes are 45 minutes in length unless otherwise noted.

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

Limited spots are available so reservations are encouraged to ensure your spot.

Call 507-293-2933 to enroll. Visit [healthyliving.mayoclinic.org](http://healthyliving.mayoclinic.org) to learn more about Healthy Living Program offerings.

### LOOKING FOR A ONE-ON-ONE EXPERIENCE?

We have Private Sessions available in:

- Physical Activity
- Resilience
- Nutrition

Call 507-293-2933 for details.



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#### **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**

#### **Gentle Yoga**

Experience a calming, gentle yoga session to enhance stretching, ease tension, and create space for relaxation and rejuvenation. Prior yoga experience is recommended.

**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**

#### **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 cushions and yoga blocks. No prior yoga experience needed.

**45 minutes- \$10**

#### **Get Balanced**

Improve your balance in this easy workout. You'll strengthen your lower body and improve core strength.

**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, gentle move, and focus your mind. No prior yoga experience required.

**45 minutes- \$10**

#### **Pilates Reformer (All Levels)**

Improve posture, core strength, and flexibility with the Pilates method. This class will focus on the fundamental principles as well as learning Level 1-2 exercises on the reformer. No prior Pilates experience needed.

**45 minutes- \$10**

#### **Experienced Pilates**

Inspire strength and length with this flowing Level 3-4 Pilates class. This workout will focus on control and precision of movement. You will leave feeling refreshed and restored. Prior Pilates experience required.

**45 minutes- \$10**

#### **Healthy Living Speaker Series**

Join us for dinner and an expert speaker from the Healthy Living Program. Buffet opens at 5:15pm; Speaker begins at 5:30pm.

\*Call for list of topics

**60 minutes- \$25**