

Mayo Clinic Healthy Living

The Mayo Clinic Healthy Living Program is a wellness experience for all who seek sustainable, life-long improvements in their well-being. To broaden your skills in physical activity, resiliency and nutrition, choose from the following classes designed to enhance your quality of life. Take a class and improve your health.

PHYSICAL ACTIVITY

The NEAT Experience: Sit Less, Move More	\$25
Explore novel ways to build movement into your day and burn calories without exercising.	<i>60 minutes</i>
Functional Interval Training	\$25
Challenge yourself with a fun, indoor workout that includes an exciting variety of intervals to enhance your strength, balance, agility, coordination and cardiovascular fitness.	<i>50 minutes</i>
Foam Roller: Flexibility, Core Strength, Balance and More	\$25
Discover foam rolling: an alternative yet highly effective way to enhance flexibility, core strength and balance.	<i>50 minutes</i>
Strengthening with Suspension	\$25
Set aside the dumbbells. Experience a fast, fun and effective total body workout for all fitness levels that engages your core and activates neglected muscles.	<i>50 minutes</i>
Get Wired: Using Technology to Enhance Your Workouts	\$25
Learn how to use the latest technology including heart rate monitors, activity trackers and self-monitoring apps to track and improve your results.	<i>50 minutes</i>
Introduction to Pilates	\$25
Improve your core strength, balance and flexibility in this introductory mat class led by our certified Pilates instructors.	<i>50 minutes</i>
Mat Pilates, Level 1-2	\$10
Build greater strength and flexibility with our level 1 and 2 mat Pilates class led by certified instructors. Prior experience with Pilates is recommended.	<i>50 minutes</i>

**Visit healthyliving.mayoclinic.org for a class schedule
or call 507-293-2933 to make a reservation.**

RESILIENCY

Meditation	\$10
Join our experts for a guided meditation session that provides an opportunity for intentional stillness, non-doing and strengthening attention.	30 minutes
Introduction to Yoga	\$25
Discover the benefits of a regular yoga practice in this introductory class featuring basic, gentle yoga postures.	60 minutes
Gentle Yoga	\$10
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
Healthy Sleep to Energize Your Life	\$40
Learn to combat sleep disturbances to get the full benefits of a restful night, including more energy and improved quality of life.	90 minutes

NUTRITION

Healthy Cooking with a Wellness Chef	\$60+
Learn practical cooking skills and delicious nutritious recipes from our executive wellness chef and wellness dietitians in this hands-on participation class. Menus change regularly.	120 minutes

These classes are available to all who are interested in improving their wellness, including the broader public, Mayo Clinic employees and patients.



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Dan Abraham Healthy Living Center
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