



## September Offerings Calendar Registration opens 2 weeks prior to the start date shown.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3 No drop-in classes. St. Marys DAHLC available 24/7 for your use!	4 <b>FACILITY CLOSED: Labor Day</b> St. Marys DAHLC available 24/7 for your use!	5 Basics; 8-9am or 1-2pm Active Book Club; 6 weeks 6:15-7:15pm <i>Swim Lessons begin</i>	6 Basics; 7-8am, 2:30-3:30pm or 5:30-6:30pm <b>*repeats every Wednesday</b>	7 Basics 10-11am <i>Cooking Demo: Breakfast Anytime 12-12:45pm</i>	1 / 8 Basics 3-4pm	2 / 9 <i>Sept 2: No drop-in classes. St. Marys DAHLC available 24/7 for your use!</i>
10 Yoga Workshop: Loving Kindness 1-2:30pm Water Volleyball 5:30-7pm	11 Basics; 10-11am or 6:30-7:30pm <i>Pregnancy Program; Info Session 5:30pm</i> Pilates Foundations & Pilates Reformer begin this week	12 Basics; 8-9am or 1-2pm	13 TOOLS for Weight Loss; 6 weeks 7-7:45am <i>Cooking Demo: Breakfast Anytime 11:15am-12pm</i> <i>Strength Training for Runners Workshop 4:30-6pm</i> <i>Healthy Sleep Workshop 5:30-6:30pm</i> <i>Pregnancy Workshop 5:30-7:30pm</i>	14 Basics 10-11am	15 Basics 3-4pm AT Foundations; 6 weeks 8-9am	16 Basics 10:30-11:30am
17	18 Basics; 10-11am or 6:30-7:30pm <i>Wielding a Knife 11:15am-12pm</i>	19 <i>SMART Program; 12 weeks 6:30-7:30am</i> Basics; 8-9am or 1-2pm <i>Mission Motherhood; 6 weeks 2-3pm</i> Nutrition Corner: Meal Planning 4:15-5pm <i>Achieve Results; 6 weeks 5:15-6:15pm</i>	20 <i>Explore &amp; Restore Workshop 12-1pm</i> <i>Get Cooking: Apple Pickings 5:15-7:15pm</i>	21 Yoga Foundations: Basics; 5 weeks 6-7am Basics 10-11am	22 <i>Achieve Results; 6 weeks 7-7:50am</i> Basics 3-4pm	23 <i>Heritage Classic 8:30am: Expo 9:30am: 5K</i> Basics 10:30-11:30am Pilates Workshop: Healthier Back 12-2pm
24	25 Basics; 10-11am or 6:30-7:30pm Nutrition Corner: Nutrition & Fitness 9-10am <i>Spirituality Series; 3 weeks 5:30-6:30pm</i> <i>Swim Workshop 6:30-7:30pm</i>	26 Basics; 8-9am or 1-2pm	27 Partner Quick Fixx 6:30-7:30pm	28 Basics 10-11am <i>Dinner &amp; a Demo: An Apple a Day... 6-7pm</i>	29 Basics 3-4pm	30

### Ongoing Offerings:

- 12 Habits of Highly Healthy People
- 12 Strategies for Healthy Aging
- Evaluation Services
- Getting Started w/ Group Fitness
- Group Training
- Intro to Group Fitness Classes
- Nutrition Consultations
- Private Offerings
- Relaxation Services
- Wellness Coaching Services
- Wellness Consultation

### Color Codes:

Free | Specialty | Announcement

For more information and details about the programs and classes, see back side or visit our website:  
[dahlc.mayoclinic.org](http://dahlc.mayoclinic.org)

To register, stop by the front desk or call 507-266-4688.

## FREE OFFERINGS

- [Active Book Club](#) - Challenge your mind, engage your spirit, move your body. We will read Grit; the power of passion & perseverance by Angela Duckworth. **Register online!**
- [AT Foundations](#) - This program is designed for members brand new to the Alexander Technique and who are looking to build a foundation for learning. **Register online!**
- [Basics](#) - Choose from Stretching, Cardio, Linear, Cable, Core, Body Weight, Freemotion, Free Weight, Suspension and Roll out to Recovery basics. **Register online!**
- [Getting Started w/ Group Fitness](#) - Learn more about the types of Group Fitness classes that would appeal to you. Meets Fridays 12:15-1:15pm. **Register online!**
- [Group Training](#) - Custom workouts provided to you by a Health & Wellness Coach. Visit: [dahlc.mayoclinic.org/hubcap/group-training/](http://dahlc.mayoclinic.org/hubcap/group-training/) **Register online!**
- [Intro to Group Fitness Classes](#) - Learn more about Cycle, Indo-Row or Strength classes. Wear workout attire. Offered weekly. **Register online!**
- [Nutrition Corner: Meal Planning](#) - Hear from our dietitian about helpful tips for meal planning and how you can incorporate it into your lifestyle. **Register online!**
- [Nutrition Corner: Nutrition & Fitness](#) - Learn how to adequately fuel your body while having an active lifestyle. **Register online!**
- [Partner Quick Fixx](#) - Join us for a high intensity interval training class with a friend! It will be 45 minutes of cardio followed by 15 minutes of foam rolling. **Register online!**
- [Pilates Foundations & Reformer](#) - Pilates is an exercise that strengthens the body's core. Foundations level is the pre-requisite to the Pilates Reformer classes.
- [Pilates Workshop: Healthier Back](#) - These workshops focus on improving core strength and back health. They offer education on the Pilates method. **Register online!**
- [Pregnancy: Breastfeeding Q&A](#) - Connect with Desiree to answer questions for breastfeeding moms. Consultations are 30 minutes from 5:30-7:30pm.
- [TOOLS for Weight Loss](#) - Join a dietitian to learn more about meal planning, self-monitoring, mindful eating, dining out and more. 40+ BMI required. **Register online!**
- [Water Volleyball](#) - Join us in the pool for water volleyball with Julie! This is free to attend, but registration is required. **Register online!**
- [Wellness Consultation](#) - This 1:1 session helps you create goals to bring your wellness into focus. *Highly recommended by all DAHLC staff!*
- [Yoga Foundations](#) - Learn basic yoga poses that will prepare you for attending our drop-in yoga basics classes. **Register online!**
- [Yoga Workshop: Loving Kindness](#) - This class helps us to develop the tools we can use for cultivating kindness & good will towards others and ourselves. **Register online!**

## SPECIALTY OFFERINGS

- [Achieve Results](#) - Feel stuck trying to reach your goals? This series will discuss barriers to results, motivation and strategies for success. \$10
- [Cooking Demo](#) - Join the chef as she prepares breakfast recipes featuring breakfast bruschetta with zucchini, scrambled eggs and tomato apple jam. Mouth-watering! \$4
- [Dinner & a Demo](#) - Enjoy a dinner prepared by our chef using apples. While you enjoy the sight, aromas and taste, we will demonstrate how to prepare it at home! \$10
- [Explore & Restore Workshop](#) - Come explore a variety of stress management tools to restore your mind, body and spirit in this one day workshop. \$5
- [Get Cooking](#) - Put on the apron & get cooking! This hands-on culinary class is designed to help you cook healthy & flavorful meals. You get to cut, chop, cook & eat! \$20
- [Healthy Sleep Workshop](#) - Trouble catching Zzz's? Join us for this one-time workshop to learn the strategies of sleep and how lifestyle impacts sleep. \$5
- [Heritage Classic 5K](#) - Bring the family for a day filled with healthy activities + a 5K run/walk. Cost varies. Call 507-284-4480 to learn more or to register.
- [Mission Motherhood: Connect & Rebuild](#) - Connect with other moms and learn gentle exercises aimed at safely and effectively healing the core and pelvic floor. \$10
- [Pregnancy Program](#) - This 10-week program is designed to educate prenatal women on the benefits of exercise during and after pregnancy. \$40
- [Pregnancy Workshop](#) - Join us to discuss the benefits and guidelines for exercise during and after pregnancy. \$5
- [SMART Program](#) - From the work of Dr. Sood, this program explores how your life can be changed by implementing gratitude, acceptance, forgiveness and more. \$100
- [Spirituality Series](#) - 3-session series focusing on spiritual well-being. Participants will define what spirituality means to them to support personal well-being. \$10
- [Strength Training for Runners Workshop](#) - Learn the benefits of adding strength training to your running routine and learn new exercises that will enhance your running. \$5
- [Swim Lessons](#) - These lessons will help you gain confidence in your stroke + refine your swimming technique. Options: Gaining Comfort, Beginner & Advanced Beginner. \$40
- [Swim Workshop: Back Crawl & Elementary Backstroke](#) - This swim workshop is tailored to the back crawl & backstroke swim techniques. \$10
- [Wielding a Knife](#) - Work with a dietitian to learn basic knife skills to help you save time in the kitchen. \$4

## SERVICES

- [Alexander Technique \(AT\)](#) - Learn how to improve posture, reduce stress and support optimal health. Visit: [dahlc.mayoclinic.org/hubcap/alexander-technique/](http://dahlc.mayoclinic.org/hubcap/alexander-technique/)
- [Evaluation](#) - Learn more about your internal health & wellness with our various evaluation services. Visit: [dahlc.mayoclinic.org/hubcap/evaluation-services/](http://dahlc.mayoclinic.org/hubcap/evaluation-services/)
- [Nutrition Consultations](#) - Meet 1:1 with a dietitian to learn healthier eating habits to enhance your wellness. \*\$30 for 45 minutes with Mayo Medical Insurance\*
- [Private Offerings](#) - Get 1:1 or 2:1 service to better your skills in Pilates, yoga or swimming (swimming is 1:1 service only). Visit: [dahlc.mayoclinic.org/hubcap/private-offerings/](http://dahlc.mayoclinic.org/hubcap/private-offerings/)
- [Relaxation](#) - Enjoy a HydroMassage, Massage, Reiki, or Acupressure from our massage therapists. \$35 for 30 minutes; \$55 for 60 minutes; \$85 for 90 minutes.
- [Wellness Coaching](#) - Define and work towards optimal wellness with collaborative thinking. Visit: [dahlc.mayoclinic.org/hubcap/wellness-coaching/](http://dahlc.mayoclinic.org/hubcap/wellness-coaching/)

The cost of service is due upon registration and is nontransferable. A minimum 24-hour notice of program start date is required for a refund. \*Cost differs for outside insurance.

**Registration is available for our free offerings using the Member Portal. Inquire at the front desk for more information.**