

The exclusive way to sign up for these classes and earn points toward awesome gear is through the St. Joseph's/Candler Be Health app. Download it at www.sjchs.org/be-health.

CLASSES

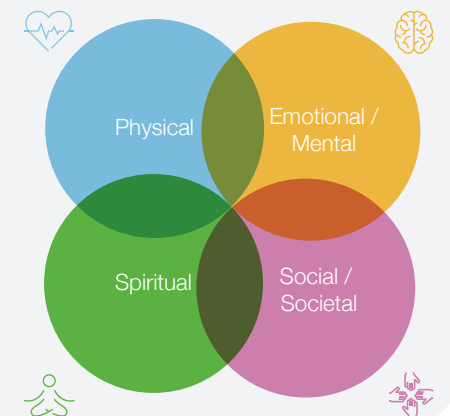
Pound	You become the music in an exhilarating full body workout that combines cardio and strength training. Designed for all fitness levels.	
Kids Pound	Kid-focused program that fuses movement and music! By combining exercise and interactive activities, kids will learn new ways to explore movement, embrace creativity and Rock Out! This class is geared toward children 6 to 12 years of age.	
Yoga	Yoga is a mind body practice to help increase flexibility and reduce stress through a variety of mat based postures, stretches and breathing techniques.	
Children's Yoga	We make yoga and mindfulness fun for kids! It's filled with games, songs, stories, imaginative play and activities that engage children and give them the tools to feel calmer, happier and more peaceful inside!	
Core & More	Start your weekend right with 30 minutes of core - focused, moderate to high intensity exercises. This class aims to increase cardiovascular fitness and muscular strength.	
Trail Walk	You'll meet the Bē Health navigator for a group activity on the St. Joseph's/Candler Walking Trail. The Bē Health Navigator will incorporate stretching and other exercises into the walk to enhance your overall physical, emotional and social well-being.	
Mindful Meditation Walk	You'll meet the Bē Health navigator on the St. Joseph's/Candler Walking Trail for a guided meditation. Focusing and engaging will allow you to become aware of your surroundings and how your body and mind feel while moving throughout this peaceful trail systems.	
Yoga for Athletes	Yoga for Teen and Tween Athletes is devoted to helping athletes prevent injury, enhance performance and overcome challenges. Designed to complement any sport, this well balanced powerful program is ideal conditioning for the disciplined athlete. If you're a student athlete this yoga is for you!	
Bē Family Yoga	Family Yoga strengthens bonds and pulls everyone in closer! This yoga community promotes a healthy body image, healthy habits, strong family bonds and aims to open up communication.	

CAMPS

Kids Camps	Bē Health is offering a very unique, fun, and engaging holiday camp experience. The aim of our daily activities is to help children gain a better understanding of health and wellbeing through group Fitness, Mindfulness and Nutrition FUN. Children will participate in Children's Yoga, Mindfulness Activities & Trail walks, Kids POUND, and other holiday themed activities, including a nutritional activity & snack. The camps will be staffed by Dietitians, certified fitness trainers and Health Educators.	
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SEMINARS

Kick off the New Year - January	Kick off the New Year with healthy habits to sustain your mind, body and spirit. Learn how to manage and balance diet, physical activity and stress.	
It's time for a heart to heart - February	Do your part to take care of your heart. Learn how a well balance lifestyle impacts your health.	
Losing Weight with MyPlate	Learn how to fill your plate with the proper portions of the correct food groups.	



The elements of well-being can be broken into 4 main buckets: physical, emotional/mental, spiritual, and social/societal. All of these elements of well-being are important attributes to the human condition, and developing programming around these elements within the community will help residents enhance all or specific elements they would like to focus on.

January 2023

2	Kids Pound Pound	3:30 – 4:15 p.m. 4:30 – 5:15 p.m.
3	Adult Yoga Trail Walk	8:00 a.m. 9:00 a.m.
4	Pound Yoga	7:30 – 8:15 a.m. 5:00 p.m.
5	Bē Family Yoga Children's Yoga Trail Walk Kick off the New Year Seminar	10:00 a.m. 3:30 – 4:15 p.m. 4:30 p.m. 5:30 p.m.
6	Mindful Meditation Walk Core & More	8:00 a.m. 12:00 p.m.
9	Kids Pound Pound	3:30 – 4:15 p.m. 4:30 – 5:15 p.m.
10	Yoga Trail Walk Yoga for Athletes	8:00 a.m. 9:00 a.m. 3:15 – 4:00 p.m.
11	Pound Yoga	7:30 – 8:15 a.m. 5:00 p.m.
12	Bē Family Yoga Children's Yoga Founder's Day Celebration HW Trail Walk	10:00 a.m. 3:30 – 4:15 p.m. 4:30 p.m.
16	Kids Pound Pound No School – Holiday Camp	3:30 – 4:15 p.m. 4:30 – 5:15 p.m.
17	Yoga Trail Walk Yoga for Athletes	8:00 a.m. 9:00 a.m. 3:15 – 4:00 p.m.
18	Pound Yoga	7:30 – 8:15 a.m. 5:00 p.m.
19	Bē Family Yoga Children's Yoga Trail Walk	10:00 a.m. 3:30 – 4:15 p.m. 4:30 p.m.
20	Mindful Meditation Walk Core & More	8:00 a.m. 12:00 p.m.
23	Kids Pound Pound	3:30 – 4:15 p.m. 4:30 – 5:15 p.m.
24	Yoga Trail Walk Yoga for Athletes	8:00 a.m. 9:00 a.m. 3:15 – 4:00 p.m.
25	Pound Yoga	7:30 – 8:15 a.m. 5:00 p.m.

26	Bē Family Yoga Children's Yoga Trail Walk	10:00 a.m. 3:30 – 4:15 p.m. 4:30 p.m.
27	Mindful Meditation Walk Core & More	8:00 a.m. 12:00 p.m.
30	Kids Pound Pound	3:30 – 4:15 p.m. 4:30 – 5:15 p.m.
31	Yoga Trail Walk Yoga for Athletes	8:00 a.m. 9:00 a.m. 3:15 – 4:00 p.m.

February 2023

1	Pound Yoga	7:30 – 8:15 a.m. 5:00 p.m.
2	Bē Family Yoga Children's Yoga Trail Walk Heart Health Seminar	10:00 a.m. 3:30 – 4:15 p.m. 4:30 p.m. 5:30 p.m.
3	Mindful Meditation Walk Core & More	8:00 a.m. 12:00 p.m.
6	Kids Pound Pound	3:30 – 4:15 p.m. 4:30 – 5:15 p.m.
7	Yoga Trail Walk Yoga for Athletes	8:00 a.m. 9:00 a.m. 3:15 – 4:00 p.m.
8	Pound Yoga	7:30 – 8:15 a.m. 5:00 p.m.
9	Bē Family Yoga Children's Yoga Trail Walk	10:00 a.m. 3:30 – 4:15 p.m. 4:30 p.m.
10	Mindful Meditation Walk Core & More	8:00 a.m. 12:00 p.m.
13	Kids Pound Pound	3:30 – 4:15 p.m. 4:30 – 5:15 p.m.
14	Yoga Trail Walk Yoga for Athletes	8:00 a.m. 9:00 a.m. 3:15 – 4:00 p.m.
15	Pound Yoga	7:30 – 8:15 a.m. 5:00 p.m.
16	Bē Family Yoga Children's Yoga Trail Walk	10:00 a.m. 3:30 – 4:15 p.m. 4:30 p.m.
17	Mindful Meditation Walk Core & More	8:00 a.m. 12:00 p.m.

20	Kids Pound Pound No School – Holiday Camp	3:30 – 4:15 p.m. 4:30 – 5:15 p.m.
21	Yoga Trail Walk Yoga for Athletes No School – Holiday Camp	8:00 a.m. 9:00 a.m. 3:15 – 4:00 p.m.
22	Pound Yoga No School – Holiday Camp	7:30 – 8:15 a.m. 5:00 p.m.
23	Bē Family Yoga Children's Yoga Trail Walk	10:00 a.m. 3:30 – 4:15 p.m. 4:30 p.m.
24	Mindful Meditation Walk Core & More	8:00 a.m. 12:00 p.m.
27	Kids Pound Pound	3:30 – 4:15 p.m. 4:30 – 5:15 p.m.
28	Yoga Trail Walk Yoga for Athletes	8:00 a.m. 9:00 a.m. 3:15 – 4:00 p.m.

March 2023

1	Pound Yoga	7:30 – 8:15 a.m. 5:00 p.m.
2	Bē Family Yoga Children's Yoga Trail Walk Nutrition Month Seminar	10:00 a.m. 3:30 – 4:15 p.m. 4:30 p.m. 5:30 p.m.
3	Mindful Meditation Walk Core & More	8:00 a.m. 12:00 p.m.
6	Kids Pound Pound	3:30 – 4:15 p.m. 4:30 – 5:15 p.m.
7	Yoga Trail Walk Yoga for Athletes	8:00 a.m. 9:00 a.m. 3:15 – 4:00 p.m.
8	Pound Yoga	7:30 – 8:15 a.m. 5:00 p.m.
9	Bē Family Yoga Children's Yoga Trail Walk	10:00 a.m. 3:30 – 4:15 p.m. 4:30 p.m.
10	Mindful Meditation Walk Core & More	8:00 a.m. 12:00 p.m.
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14	Yoga Trail Walk Yoga for Athletes	8:00 a.m. 9:00 a.m. 3:15 – 4:00 p.m.
15	Pound Yoga	7:30 – 8:15 a.m. 5:00 p.m.
16	Bē Family Yoga Children's Yoga Trail Walk No School – Holiday Camp	10:00 a.m. 3:30 – 4:15 p.m. 4:30 p.m.
17	Mindful Meditation Walk Core & More No School – Holiday Camp	8:00 a.m. 12:00 p.m.
20	Kids Pound Pound	3:30 – 4:15 p.m. 4:30 – 5:15 p.m.
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