
















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.	
Power Yoga	Power Yoga class blends the traditions of Hatha and Vinyasa into a dynamic fusion of strength, endurance, and mindful movement. Experience the essence of Power Yoga as you move through a series of holding poses to build both physical strength and mental resilience, while also seamlessly linking breath to movement to cultivate a sense of flow and presence on the mat. Through our dynamic sequences, you'll also engage in cardio conditioning that elevates your heart rate, boosts your metabolism, and leaves you feeling energized and revitalized. Whether you're a seasoned yogi or new to the practice, this class is designed to challenge and inspire you. Join us on the mat and embark on a journey to strength, balance, and mindfulness.	   
Restorative Yoga	In this tranquil space, we embark on a profound exploration of our energy centers and chakras, unlocking the potential to release stored energy and promote a healthy work-life balance. Through a carefully curated blend of gentle stretches and opening postures, we create space for healing and restoration. Each movement is designed to encourage a profound sense of relaxation and release, allowing tensions to melt away and energy to flow freely throughout the body. Join us in our Restorative Yoga class and experience the profound benefits of deep relaxation, energy alignment, and emotional balance.	   
Hike the Hill	The Bē Health Navigator will incorporate stretching and other exercises into this 2 mile hike to the hill to enhance your overall physical, emotional and social well-being. Designed for all fitness levels, just meet the Bē Health navigator at the Outfitters Building for this group activity on the St. Joseph's/Candler walking trail.	   
Flow Yoga	Called "Flow" Yoga as the poses blend in practice, a more dynamic style of class for students looking to grow their practice, synchronized with breath, creating your anchor as you move from pose to pose. Excellent for your health, not only keeping you active, but also reducing stress and building strength outward and inward. Mairi includes a Warm up, Sun Salutations, stretching and balancing as a part of every class. Inner reflection and relaxation are used to close class.	   

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Power Yoga 10:00 a.m. Flow Yoga 5:30 p.m.	2	3	4
5	6	7 Pound 4:30 p.m. Restorative Yoga 6:00 p.m.	8 Power Yoga 10:00 a.m. Flow Yoga 5:30 p.m.	9	10	11
12	13	14 Pound 4:30 p.m. Restorative Yoga 6:00 p.m.	15 Power Yoga 10:00 a.m. Flow Yoga 5:30 p.m.	16 Hike the Hill 8:00 a.m.	17	18
19	20	21 Restorative Yoga 6:00 p.m.	22 Power Yoga 10:00 a.m. Flow Yoga 5:30 p.m.	23 Hike the Hill 8:00 a.m.	24	25
26	27	28 Restorative Yoga 6:00 p.m.	29 Power Yoga 10:00 a.m. Flow Yoga 5:30 p.m.	30 Hike the Hill 8:00 a.m.		

Additional class and seminar dates can be found on our fitness calendar: www.sjchs.org/behealth-fitness

Register through the BeHealth App. Don't have the app? Visit www.sjchs.org/be-health-app to download from the App Store or Google Play.

All classes except Hike the Hill will be held at the new St. Joseph's/Candler Heartwood Campus located at 3866 Belfast Keller Road. Classes with no registered participants will be canceled 24 hours prior to the event.

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.

