

























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](http://www.sjchs.org/be-health).

## CLASSES

|                             |   |   |
|-----------------------------|---|---|
| <b>Children's Yoga</b>      | 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!   |     |
| <b>Flow Yoga</b>            | 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.   |     |
| <b>Hike the Hill</b>        | 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.   |     |
| <b>Silver Sneakers Yoga</b> | Silver Sneakers Yoga is great for a beginner or more experience exerciser interested in Yoga and flexibility training. You will move through seated and standing yoga poses that aim to increase flexibility, balance and range of motion. Breathing exercises and relaxation is incorporated into every class to promote stress reduction. A chair is used to accommodate a variety of fitness and skill levels during this class.   |     |
| <b>Pilates</b>              | Pilates is a system of exercise emphasizing core strength, controlled movements, and mindful breathing, which improves flexibility, posture, balance, and overall body awareness. It is done on a mat and focuses on aligning the body and developing functional movement patterns. Join Tracy at the Outfitters every Tuesday at 8am for Pilates! She has designed her class to help with injury prevention, improve posture, improve bone density and increase joint mobility.  |     |
| <b>Power Yoga</b>           | Our 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. |     |

| Sunday | Monday                      | Tuesday   | Wednesday  | Thursday                        | Friday               | Saturday |
|--------|-----------------------------|---|--|---------------------------------|----------------------|----------|
|        |                             | 1   | 2  | 3                               | 4<br><b>FLAG DAY</b> | 5        |
| 6      | 7                           | 8<br>Pilates   10:00 a.m.<br>Power Yoga   11:00 a.m.  | 9<br>Silver Sneakers Yoga   12:30 p.m.<br>Children's Yoga   3:00 p.m.  | 10<br>Hike the Hill   8:00 a.m. | 11                   | 12       |
| 13     | 14<br>Flow Yoga   6:30 p.m. | 15<br>Pilates   10:00 a.m.<br>Power Yoga   11:00 a.m. | 16<br>Silver Sneakers Yoga   12:30 p.m.<br>Children's Yoga   3:00 p.m. | 17<br>Hike the Hill   8:00 a.m. | 18                   | 19       |
| 20     | 21                          | 22  | 23   | 24                              | 25                   | 26       |
|        | <b>KIDS SUMMER CAMP</b>     |   |  |                                 |                      |          |
|        | 27<br>Flow Yoga   6:30 p.m. |   |  |                                 |                      |          |
| 27     | 28<br>Flow Yoga   6:30 p.m. | 29<br>Pilates   10:00 a.m.<br>Power Yoga   11:00 a.m. | 30<br>Silver Sneakers Yoga   12:30 p.m.<br>Children's Yoga   3:00 p.m. | 31<br>Hike the Hill   8:00 a.m. |                      |          |

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

Register through the BēHealth App. Don't have the app? Visit [www.sjchs.org/be-health-app](http://www.sjchs.org/be-health-app) to download from the App Store or Google Play.

Please note that Silver Sneakers Yoga will be offered at the the new location: 3866 Belfast Keller Road, RH, GA 31324. All other classes will be offered in the Outfitters Fitness Center at Heartwood. Classes with no participants will be canceled 24 hours prior to 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.

