

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.

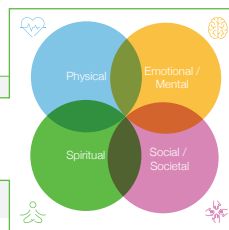
CLASSES

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!	   
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.	   
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.	   
Silver Sneakers Yoga	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.	   
Yoga-lates	Yoga-lates is a powerful blend of yoga and mat Pilates designed to build core strength, mobility, and balance. This class helps you develop a strong foundation—ideal for everyday movement and the perfect complement to any sport. Yoga-lates = The foundation of every athlete.	   

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Flow Yoga 6:30 p.m.	4 ELECTION DAY Yoga-lates 8:00 a.m.	5 Silver Sneakers Yoga 12:30 p.m. Children's Yoga 3:45 p.m.	6 Hike the Hill 8:30 a.m.	7	8
9	10 Flow Yoga 6:30 p.m.	11 VETERANS DAY Yoga-lates 8:00 a.m.	12 Silver Sneakers Yoga 12:30 p.m. Children's Yoga 3:45 p.m.	13 Hike the Hill 8:30 a.m.	14	15
16	17 Flow Yoga 6:30 p.m.	18 Yoga-lates 8:00 a.m.	19 Silver Sneakers Yoga 12:30 p.m. Children's Yoga 3:45 p.m.	20 Hike the Hill 8:30 a.m.	21	22
23 30	24 HOLIDAY KIDS CAMP	25	26	27 THANKSGIVING DAY	28	29

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

Register through the BēHealth App. Don't have the app? Visit 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.