Heartwood Monthly Calendar

November 2026

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!
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.
Yin Yoga	The focus in Yin Yoga is to deepen and direct the postures to target the connective tissues (fascia, ligaments, joints) and tendons that are less frequently exercised. Yin serves as a compliment to the Yang style of yoga, which is more dynamic and muscle focused (Traditional "Yoga"). Yin is slower and more meditative, giving you space to turn inward and tune into both your mind and the physical sensations of your body. Because the poses are held longer (2-3 minutes or sometimes less) than traditional poses, Yin helps to stretch and strengthen those rarely used tissues while also teaching you how to breathe through discomfort and sit with your thoughts.
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.
Silver Sneakers Aerobics	Join our SilverSneakers chair aerobics class for a fun, low-impact workout that boosts energy, improves balance, and keeps your body moving safely at any fitness level. Enjoy upbeat music, supportive community and simple exercises that help you feel stronger, healthier, and more confident every day.
Yoga for Teen & Tween 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!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 **Yoga for Teen & Tween Athletes** | 3:00 p.m. **Children's Yoga** | 4:00 p.m. **Flow Yoga** | 6:30 p.m.	3 ***Silver Sneakers Aerobics** | 1:00 p.m.	4 ***Silver Sneakers Yoga** | 1:00 p.m.	5 ***Yin Yoga** | 11:00 a.m.	6	7
8	9 **Yoga for Teen & Tween Athletes** | 3:00 p.m. **Children's Yoga** | 4:00 p.m. **Flow Yoga** | 6:30 p.m.	10 ***Silver Sneakers Aerobics** | 1:00 p.m.	11 ***Silver Sneakers Yoga** | 1:00 p.m.	12 ***Yin Yoga** | 11:00 a.m.	13	14
15	16 **Yoga for Teen & Tween Athletes** | 3:00 p.m. **Children's Yoga** | 4:00 p.m. **Flow Yoga** | 6:30 p.m.	17 ***Silver Sneakers Aerobics** | 1:00 p.m.	18 ***Silver Sneakers Yoga** | 1:00 p.m.	19 ***Yin Yoga** | 11:00 a.m.	20	21
22	23 **KIDS CAMP**	24	25	26 **THANKSGIVING – NO CLASSES**	27	28
29	30 **Yoga for Teen & Tween Athletes** | 3:00 p.m. **Children's Yoga** | 4:00 p.m.					

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.

* Silver Sneakers Yoga, Yin Yoga and Health Screenings with the Bē Health Navigator will be offered at 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 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.

