



# Heartwood Monthly Calendar

January 2025

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>Sliver 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.	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 New Years Day – Closed	2	3	4
5	6 Flow Yoga   6:30 p.m.	7	8	9 Hike the Hill   12:00 p.m.	10 Children's Yoga   10:00 a.m. Silver Sneakers Yoga   12:00 p.m.	11
12	13 Flow Yoga   6:30 p.m.	14	15	16 Hike the Hill   12:00 p.m.	17 Children's Yoga   10:00 a.m. Silver Sneakers Yoga   12:00 p.m.	18
19	20 Flow Yoga   6:30 p.m.	21	22	23 Hike the Hill   12:00 p.m.	24 Children's Yoga   10:00 a.m. Silver Sneakers Yoga   12:00 p.m.	25
26	27 Flow Yoga   6:30 p.m.	28	29	30 Hike the Hill   12:00 p.m.	31 Children's Yoga   10:00 a.m. Silver Sneakers Yoga   12:00 p.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 BeHealth 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.

Flow Yoga and Hike the Hill will be offered in the Outfitters Building. Silver Sneakers Yoga and Children's Yoga will be held at the 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.

