



# Heartwood Monthly Calendar

July 2024

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>Pound</b>	You become the music in an exhilarating full body workout that combines cardio and strength training. Designed for all fitness levels.	
<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>Restorative Yoga</b>	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.	
<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>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>Kids Camps</b>	Bē Health is offering a very unique, fun and engaging summer camp experience. The aim of our daily activities is to help children gain a better understanding of health and wellbeing through group Fitness, Mindfulness and Nutrition FUN. Children will participate in a variety of exercise classes and themed activities including a nutritional activity and snack.	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1	2 Pound   4:30 p.m. Restorative Yoga   5:30 p.m.	3	4	5	6	
7	8	9 Pound   4:30 p.m. Restorative Yoga   5:30 p.m.	10 Flow Yoga   5:30 p.m.	11 Hike the Hill   8:00 a.m. Children's Yoga   10:00 a.m.	12	13	
14	15	KIDS CAMP (Monday - Friday   9 a.m. - 4 p.m.)			18	19	20
		Pound   4:30 p.m. Restorative Yoga   5:30 p.m.	Flow Yoga   5:30 p.m.				
21	22	23 Pound   4:30 p.m. Restorative Yoga   5:30 p.m.	24	25 Hike the Hill   8:00 a.m. Children's Yoga   10:00 a.m.	26	27	
28	29	30 Restorative Yoga   5:30 p.m.	31 Flow Yoga   5:30 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.

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.

