



Heartwood Quarterly Calendar

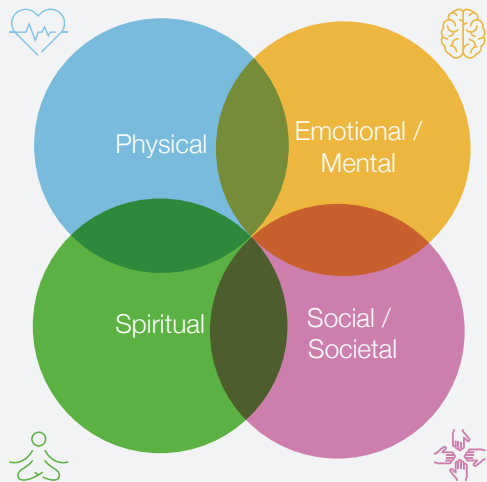
October - December 2023

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

Pound	You become the music in an exhilarating full body workout that combines cardio and strength training. Designed for all fitness levels.	<p>Mondays: 4:30 - 5: 15 p.m. Oct 2, 16, 23, 30 Nov 6, 13, 27 Dec 4, 11, 18</p> <hr/> <p>Wednesdays: 12:30 - 1:15 p.m. Oct 4, 11, 18, 25 Nov 8, 15, 22, 29 Dec 6, 13</p>	
Generation Pound	Kid-focused program that fuses movement and music! By combining exercise and interactive activities, kids will learn new ways to explore movement, embrace creativity and Rock Out! This class is geared toward children 6 to 12 years of age.	<p>Mondays: 3:30 - 4: 15 p.m. Oct 2, 9, 23, 30 Nov 6, 13, 27 Dec 4, 11, 18</p>	
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!	<p>Thursdays: 3:30 - 4: 15 p.m. Oct 5, 12, 19, 26 Nov 2, 9, 16, 30 Dec 7, 14</p>	
Bē Health Trail Walk	The BēHealth Navigator will incorporate stretching and other exercises into this 2 mile walk 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.	<p>Tuesdays: 8 a.m. Oct 3, 10, 17, 24, 31 Nov 7, 14, 28 Dec 5, 12, 19</p> <hr/> <p>Thursdays: 4:30 p.m. Oct 5, 12, 19, 26 Nov 2, 9, 16, 30 Dec 7, 14</p>	
Bē Health Mindful Walk	Focusing and engaging will allow you to become aware of your surroundings and how your body and mind feel while moving throughout this peaceful trail systems. Meet the Bē Health navigator at the Outfitters Building on the St. Joseph's/Candler walking trail for this guided mindful excursion.	<p>Fridays: 8 a.m. Oct 6, 13, 20, 27 Nov 3, 10, 17 Dec 1, 8, 15, 22, 29</p>	
Yoga for 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!	<p>Tuesdays: 3:15 - 4 p.m. Oct 3, 10, 17, 24, 31 Nov 7, 14, 28 Dec 5, 12, 19</p>	
Gentle Yoga	A slower and more gentle practice of yoga allows at a comfortable pace, allowing you to choose what works for you, creating less strain on muscles and joints. A great practice by anyone regardless of age, a perfect choice for students recovering from injuries, pain, or limited mobility. More emphasis is spent on warming up, longer relaxation time, breath work and meditation for a fully rounded experience.	<p>Mondays: 6:15 p.m. Oct 2, 30 Nov 6, 13, 20 Dec 4, 11, 18</p>	

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. Warm up, Sun Salutations, stretching and balancing are part of every class. Inner reflection and relaxation are used to close class.	Fridays: 9:15 a.m. Oct 6, 13, 20, 27 Nov 3, 10, 17 Dec 1, 8, 15, 22, 29	
CAMPS			
Kids Camps	Bē Health is offering a very unique, fun, and engaging holiday 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 Children's Yoga, Mindfulness Activities & Trail walks, Generation Pound, and other holiday themed activities, including a nutritional activity & snack. The camps will be staffed by Dietitians, Certified Fitness Trainers and Health Educators.	Friday, Monday - Tuesday Nov 10, 20 - 21 <hr/> Wednesday - Thursday Dec 20 - 21 <hr/> Tuesday - Thursday Dec 26 - 28	



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.

