| Arthritis Fitness | Monday 1:00pm - 1:45pm Therapy Pool | Tuesday 11:45am - 12:45pm Therapy Pool Brenda | Wednesday 11:00am - 12:00pm Gym Floor Colleen/Emily | Thursday 11:00am - 12:00pm Gym Floor Colleen/Emily | Friday 2:00pm - 3:00pm Therapy Pool Mary Sue | Saturday 2:00pm - 3:00pm Therapy Pool Brenda |
| Parkinson’s Fitness | Monday 1:45am - 2:45am Therapy Pool Brenda | Tuesday 1:00pm - 1:45pm Therapy Pool Mary Sue | Wednesday 1:00pm - 1:45pm Therapy Pool Mary Sue | Thursday 1:00pm - 1:45pm Therapy Pool Mary Sue | Friday 1:00pm - 1:45pm Therapy Pool Mary Sue | Saturday 1:00pm - 1:45pm Therapy Pool Mary Sue |
| Neurological Aquatic Fitness | Monday 9:30am - 10:30am Fitness Floor Sarah M/Kayla | Tuesday 9:30am - 10:30am Fitness Floor Sarah M/Kayla | Wednesday 9:30am - 10:30am Fitness Floor Sarah M/Kayla | Thursday 9:30am - 10:30am Fitness Floor Sarah M/Kayla | Friday 9:30am - 10:30am Fitness Floor Sarah M/Kayla | Saturday 9:30am - 10:30am Fitness Floor Sarah M/Kayla |
| Cancer Fitness | Monday 6:00pm - 7:00pm Fitness Floor Jake/Sarah M | Tuesday 6:00pm - 7:00pm Fitness Floor Jake/Sarah M | Wednesday 6:00pm - 7:00pm Fitness Floor Jake/Sarah M | Thursday 6:00pm - 7:00pm Fitness Floor Jake/Sarah M | Friday 6:00pm - 7:00pm Fitness Floor Jake/Sarah M | Saturday 6:00pm - 7:00pm Fitness Floor Jake/Sarah M |
| Cardiac Rehab Maintenance Phase IV | Monday 6:00pm - 6:45pm Basketball Court Kayla | Tuesday 6:00pm - 6:45pm Basketball Court Kayla | Wednesday 6:00pm - 6:45pm Basketball Court Kayla | Thursday 6:00pm - 6:45pm Basketball Court Kayla | Friday 6:00pm - 6:45pm Basketball Court Kayla | Saturday 6:00pm - 6:45pm Basketball Court Kayla |
| Peripheral Artery Disease (PAD) Fitness | Monday 4:15pm - 5:00pm Group Fitness Studio Sarah M | Tuesday 4:15pm - 5:00pm Group Fitness Studio Sarah M | Wednesday 4:15pm - 5:00pm Group Fitness Studio Sarah M | Thursday 4:15pm - 5:00pm Group Fitness Studio Sarah M | Friday 4:15pm - 5:00pm Group Fitness Studio Sarah M | Saturday 4:15pm - 5:00pm Group Fitness Studio Sarah M |

For more information contact Jake at JEPHillips@beaconhealthsystem.org or 574.647.2654
www.beaconhealthandfitness.org
Best Medicine Program

Fitness programs for individuals transmitting from or managing a medical condition or needing additional support to improve their level of physical activity.

For more information contact Jake at JEPhillips@beaconhealthsystem.org

www.beaconhealthandfitness.org

Physician Referred Membership

$100 discount on Enrollment Fee- Enter membership with a referral from a physician and receive discounted enrollment. Program includes a personalized assessment and access to the Best Medicine Program.

Arthritis Fitness | Joint Venture – Mitigates the pain and limitations of daily movements, along with improving balance and overall strength through warm-water therapeutic programming.

Parkinson’s Fitness | CLIMB – Improves quality of life for those living with Parkinson’s through movement, stretching, focus on balance and posture along with creating camaraderie between participants and care-givers alike.

Neurological Aquatic Fitness | NeuroH2O – Exercise in a warm-water aquatic environment offers those with neurological conditions essential properties to maintain overall cognition, balance, endurance and flexibility.

Continued Care Fitness | Guided Path – Provides assistance for those that are finished with physical therapy or those with morbidities and are eager to continue improving, along with prevention of re-injury.

Cancer Fitness | Restorative Fitness at Memorial Regional Cancer Center – Improves muscle function, fatigue, cardio endurance during and after going through treatments; in a setting where patients feel safe and have the ability to connect with other oncology patients/survivors.

Cardiac Rehab Maintenance Phase IV | Heart Healthy – Transitions cardiac patients that have finished Phase II Cardiac Rehab and are released by their physician into their maintenance phase. Participants’ vitals are monitored and recorded each class to track progress.

Peripheral Artery Disease(PAD) Fitness | Steps Ahead – Treats and aids in prevention of Peripheral Artery Disease. Individual exercise programs are designed to increase blood flow in lower extremities, increase redistribution of blood flow, improve walking efficiency, increase strength and improve overall quality of life.

Down Syndrome Fitness | Uplift – Improves overall health, especially cardiovascular and strength for individuals with Down Syndrome. Designed as a circuit-style workout, includes focus on balance, motor functions, coordination

Weight Management | MOVE –Focus on setting realistic goals and developing new physical activity habits while pursuing a healthy weight. MOVE helps tackle co-morbidities which encompass high blood pressure, high cholesterol, elevated glucose levels and BMI that exceed 30.

Autism Fitness | Piece of the Puzzle –Improves the health and fitness of individuals with Autism. Autism Fitness will focus on five separate disciplines – fundamental skills, game and sport related skills, making judgment, connecting with others, and empathy.

*Granger Location Only

All BHF programs are approved by our Medical Advisory Board to ensure safe and effective programming.