

Best Medicine Program

Elkhart

**BEST
MEDICINE
PROGRAM**
AVAILABLE ONLY AT



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Arthritis Fitness <i>Joint Venture I</i>	10:00am - 10:45am Therapy Pool Sharone <hr/> 12:15pm - 1:00pm Therapy Pool Sharone		10:00am - 10:45am Therapy Pool Sharone <hr/> 12:15pm - 1:00pm Therapy Pool Sharone			
 Arthritis Fitness <i>Joint Venture II</i>		12:00pm - 12:45pm Therapy Pool Mallory		12:00pm - 12:45pm Therapy Pool Mallory		
 Parkinson's Fitness <i>CLIMB</i>		1:00pm-2:00pm Yoga Studio Peggy/Mallory		1:00pm-2:00pm Yoga Studio Peggy/Mallory		
 Neurological Aquatic Fitness <i>NeuroH2O</i>	11:00am - 12:00pm Therapy Pool Sharone		11:00am - 12:00pm Therapy Pool Sharone			
 Cancer Fitness <i>Restorative Fitness</i>		1:00pm - 2:00pm Fitness Floor Kaylin		1:00pm - 2:00pm Fitness Floor Kaylin		
 Cardiac Rehab Maintenance Phase IV <i>Hearth Healthy</i>		11:00am - 12:00pm Group Fitness Studio/ Track Peggy/Mallory		11:00am - 12:00pm Group Fitness Studio/ Track Peggy/Mallory		
 Weight Management <i>MOVE</i>		6:30 pm - 7:15pm Upstairs Fitness Floor/ Track Tyler		6:30 pm - 7:15pm Upstairs Fitness Floor/ Track Tyler		

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.

**BEST
MEDICINE
PROGRAM**
AVAILABLE ONLY AT



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 (Aquatic) | *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.



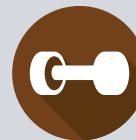
Neurological Aquatic Fitness | *NeuroH2O* – Exercise in a warm-water aquatic environment offers those with neurological conditions essential properties to maintain overall cognition, balance, endurance and flexibility.



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.



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.



Cancer Fitness | *Restorative Fitness* – 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.



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.
**Granger location only*

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

For more information contact Jake at JEPhillips@beaconhealthsystem.org
www.beaconhealthandfitness.org