



Best Medicine Program

Granger

**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 Mary Sue <hr/> 10:45am - 11:30am Therapy Pool Mary Sue		10:00am - 10:45am Therapy Pool Mary Sue <hr/> 10:45am - 11:30am Therapy Pool Mary Sue			
 Arthritis Fitness <i>Joint Venture II</i>	12:45am - 1:45pm Therapy Pool Mary Sue				11:15am - 12:15pm Therapy Pool Tama	
 Arthritis Fitness <i>Walk With Ease</i>	9:00am - 9:45am Indoor Track Josie		9:00am - 9:45am Indoor Track Josie			
 Parkinson's Fitness <i>CLIMB</i>	4:00pm-4:45pm Yoga/Pilates Studio Dominic		4:00pm-4:45pm Yoga/Pilates Studio Lacie			
 Neurological Aquatic Fitness <i>NeuroH2O</i>	11:30am - 12:30pm Therapy Pool Mary Sue		11:30am - 12:30pm Therapy Pool Mary Sue			
 Cancer Fitness <i>Restorative Fitness</i>	2:00pm - 2:45pm Fitness Floor Lacie		2:00pm - 2:45pm Fitness Floor Connor			
 Cardiac Rehab Maintenance Phase IV <i>Hearth Healthy</i>	11:00am - 12:00pm Fitness Floor Lacie		11:00am - 12:00pm Fitness Floor Lacie			
 Weight Management <i>MOVE</i>	4:50 pm - 5:35pm Track/Group Fitness Studio Dominic		4:50 pm - 5:35pm Track/Group Fitness Studio Justin			
 Down Syndrome Fitness <i>Uplift</i>	7:00pm - 8:00pm Group Fitness Studio Sarah M		7:00pm - 8:00pm Group Fitness Studio Sarah M			

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

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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.



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.



Arthritis Fitness | Walk With Ease – An exercise program by The Arthritis Foundation that can reduce pain & improve overall health. If you can be on your feet for 10 minutes without increased pain, you can have success with Walk With Ease.



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.



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.



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.



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