Best Medicine Program
Elkhart

BEST MEDICINE PROGRAM AVAILABLE ONLY AT BEACON Health & Fitness

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Arthritis Fitness *Joint Venture I*	10:00am - 10:45am Therapy Pool | Sharone 12:15pm - 1:00pm Therapy Pool | Sharone		10:00am - 10:45am Therapy Pool | Sharone 12:15pm - 1:00pm Therapy Pool | Sharone			
Arthritis Fitness *Joint Venture I!*		12:00pm - 12:45pm Therapy Pool Mallory		12:00pm - 12:45pm Therapy Pool Mallory		
Parkinson's Fitness *CLIMB*		1:00pm - 2:00pm Yoga Studio Peggy/Mallory		1:00pm - 2:00pm Yoga Studio Peggy/Mallory		
Neurological Aquatic Fitness *NeuroH2O*	11:00am - 12:00pm Therapy Pool Sharone		11:00am - 12:00pm Therapy Pool Sharone			
Cardiac Rehab Maintenance Phase IV *Hearth Healthy*		11:00am - 11:45am Group Fitness Studio/ Track Peggy/Mallory		11:00am - 11:45am Group Fitness Studio/ Track Peggy/Mallory		
Weight Management *MOVE*		6:30pm - 7:15pm Fitness Floor/ Group Fitness Studio Jason		6:30pm - 7:15pm Fitness Floor/ Group Fitness Studio Jason		
Arthritis Fitness *Walk With Ease*		10pm - 10:45pm Outdoor/Indoor Track Theresa		10pm - 10:45pm Outdoor/Indoor Track Theresa		

8.22.22

For more information contact Lacie at EKlopfenstein@beaconhealthsystem.org or 574.584.2572
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.

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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.

Neurological Aquatic Fitness | *NeuroH$_2$O* – 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.

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.

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.

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.

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.

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