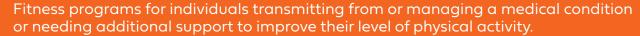
Best Medicine Program South Bend



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Arthritis Fitness Joint Venture I		1:45pm - 2:30pm Therapy Pool Mary Sue		1:45pm - 2:30pm Therapy Pool Mary Sue		
Joint Venture I		3:45pm - 4:30pm Therapy Pool Mary Sue		3:45pm - 4:30pm Therapy Pool Mary Sue		
Arthritis Fitness Joint Venture !!		11:45am - 12:45pm Therapy Pool Brenda		11:45am - 12:45pm Therapy Pool Brenda		
Parkinson's Fitness CLIMB		11:00am-12:00pm Gym Floor Colleen		11:00am-12:00pm Gym Floor Colleen		
Neurological Aquatic Fitness NeuroH2O		2:30pm - 3:30pm Therapy Pool Mary Sue		2:30pm - 3:30pm Therapy Pool Mary Sue		
Cancer Fitness Restortative Fitness	9:30am - 10:30am Basketball Court Milt		9:30am - 10:30am Basketball Court Milt			
Weight Management MOVE		3:00 pm - 3:45pm Group Fitness Studio Milt		3:00 pm - 3:45pm Group Fitness Studio Lacie		

Best Medicine Program







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.



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.



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.



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.



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



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.

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