<table>
<thead>
<tr>
<th>Day</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Arthritis Fitness</strong></td>
<td><strong>Joint Venture I</strong></td>
<td>1:45pm - 2:30pm Therapy Pool</td>
<td>1:45pm - 2:30pm Therapy Pool</td>
<td>11:45am - 12:45pm Therapy Pool Brenda</td>
<td>11:00am-12:00pm Gym Floor Colleen</td>
<td>11:00am-12:00pm Gym Floor Colleen</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3:45pm - 4:30pm Therapy Pool</td>
<td>3:45pm - 4:30pm Therapy Pool</td>
<td>3:45pm - 4:30pm Therapy Pool</td>
<td>2:30pm - 3:30pm Therapy Pool Mary Sue</td>
<td></td>
</tr>
<tr>
<td><strong>Parkinson’s Fitness</strong></td>
<td><strong>CLIMB</strong></td>
<td>11:00am-12:00pm Gym Floor Colleen</td>
<td>11:00am-12:00pm Gym Floor Colleen</td>
<td>2:30pm - 3:30pm Therapy Pool Mary Sue</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Neurological Aquatic Fitness</strong></td>
<td><strong>NeuroH2O</strong></td>
<td>2:30pm - 3:30pm Therapy Pool Mary Sue</td>
<td>2:30pm - 3:30pm Therapy Pool Mary Sue</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Cancer Fitness</strong></td>
<td><strong>Restorative Fitness</strong></td>
<td>9:30am - 10:30am Basketball Court Milt</td>
<td>9:30am - 10:30am Basketball Court Milt</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Weight Management</strong></td>
<td><strong>MOVE</strong></td>
<td>3:00 pm - 3:45pm Group Fitness Studio Milt</td>
<td>3:00 pm - 3:45pm Group Fitness Studio Lacie</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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.

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.

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.

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.

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 caregivers alike.

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

Session Dates 2023

January 8 - February 18  
February 26 - April 8

April 16 - May 27  
June 4 - July 15

July 23 - September 2  
September 10 - October 21

October 29 - December 23

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

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