

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 10:45am - 11:30am Therapy Pool Mary Sue 1:15pm - 1:55pm Therapy Pool Teresa	12:50pm - 1:35pm Therapy Pool Mary Sue	10:00am - 10:45am Therapy Pool Mary Sue 10:45am - 11:30am Therapy Pool Mary Sue 1:15pm - 1:55pm Therapy Pool Teresa	12:50pm - 1:35pm Therapy Pool Mary Sue		
Arthritis Fitness <i>Joint Venture II</i>	12:30pm - 1:15pm Therapy Pool Teresa		12:30pm - 1:15pm Therapy Pool Teresa			
Arthritis Fitness <i>Walk With Ease</i>	10:00am - 10:45am Indoor/Outdoor Track Lacie/Karin D		10:00am - 10:45am Indoor/Outdoor Track Lacie/Karin D			
Parkinson's Fitness <i>CLIMB</i>	4:00pm - 4:45pm Yoga/Pilates Studio Lacie/Katie		4:00pm - 4:45pm Yoga/Pilates Studio Megan			
Neurological Aquatic Fitness <i>NeuroH2O</i>	11:30am - 12:30pm Therapy Pool Mary Sue	12:00 - 12:45pm Therapy Pool Mary Sue	11:30am - 12:30pm Therapy Pool Mary Sue	12:00 - 12:45pm Therapy Pool Mary Sue		
Cancer Fitness <i>Restorative Fitness</i>	2:00pm - 2:45pm Track/Reformer Studio Linda		2:00pm - 2:45pm Track/Group Fitness Studio Linda			
Cardiac Rehab Maintenance Phase IV <i>Hearth Healthy</i>	11:00am - 12:00pm Fitness Floor Lacie/Jason/Megan		11:00am - 12:00pm Fitness Floor Lacie/Jason/Megan			
Cardiac Rehab Maintenance Phase IV <i>Hearth Healthy II</i>		11:00am - 12:00pm Sports Performance Lacie/Jason/Todd		11:00am - 12:00pm Sports Performance Lacie/Jason/Todd		
Weight Management <i>MOVE</i>	4:50pm - 5:35pm Track/Group Fitness Studio Megan		4:50pm - 5:35pm Track/Group Fitness Studio Megan			
Down Syndrome Fitness <i>Uplift</i>	7:00pm - 8:00pm Group Fitness Studio Justin		7:00pm - 8:00pm Group Fitness Studio Justin			
Diabetes Fitness <i>MOVE</i>	4:50pm - 5:35pm Track/Group Fitness Studio Megan		4:50pm - 5:35pm Track/Group Fitness Studio Megan			
Osteoporosis Fitness <i>Bone Builders</i>		2:15pm - 3:00pm Yoga Studio Lacie/Megan/Josie		2:15pm - 3:00pm Yoga Studio Lacie/Megan/Josie		
Osteoporosis Fitness level II <i>Bone Builders II</i>		3:15pm - 4:00pm Group Fitness Studio Megan		3:15pm - 4:00pm Group Fitness Studio Megan		

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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.



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.



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*



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.



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.



Osteoporosis Fitness | Bone Builders – Improve bone density and/or slow the progression of bone loss, reduce fall risk, and improve functionality and quality of life through weight bearing and balance focused workouts.



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.



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.



Diabetes Fitness | MOVE – Develop exercise habits to pursue a healthy lifestyle for those with prediabetes, diabetes, or elevated blood sugars. Improve factors like insulin resistance, lower blood sugars, cholesterol & blood pressure to help decrease risk of other related conditions.



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.

For more information contact Programs@BeaconHealthSystem.org or 574.584.2572 | www.beaconhealthandfitness.org

Session Dates 2024

January 7 - February 17
February 25 - April 6

April 14 - May 25
June 2 - July 13

July 21 - August 31
September 8 - October 19

October 27 - December 21

**Referral required for participation in any Beacon Best Medicine program.*

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