














Best Medicine Program | Granger

**BEACON
BEST
MEDICINE
PROGRAM**
AVAILABLE ONLY AT



	Monday	Tuesday	Wednesday	Thursday
 Arthritis Fitness <i>Joint Venture I</i>	10 - 10:45 a.m. Therapy Pool Mary Sue 10:45 - 11:30 a.m. Therapy Pool Mary Sue 1:15 - 1:55 p.m. Therapy Pool Staff	10 - 10:45 a.m. Therapy Pool Mary Sue 12:50 - 1:35 p.m. Therapy Pool Mary Sue	10:45 - 11:30 a.m. Therapy Pool Mary Sue 1:15 - 1:55 p.m. Therapy Pool Staff	12:50 - 1:35 p.m. Therapy Pool Mary Sue
 Arthritis Fitness <i>Joint Venture II</i>	12:30 - 1:15 p.m. Therapy Pool Staff		12:30 - 1:15 p.m. Therapy Pool Staff	
 Arthritis Fitness <i>Walk With Ease</i>	10 - 10:45 a.m. Indoor/Outdoor Track Lacie/Karin D		10 - 10:45 a.m. Indoor/Outdoor Track Lacie	
 Parkinson's Fitness <i>CLIMB</i>	4 - 4:45 p.m. Yoga/Pilates Studio Pedro		4 - 4:45 p.m. Yoga/Pilates Studio Lydia	
 Neurological Aquatic Fitness <i>NeuroH2O</i>	11:30 a.m. - 12:30 p.m. Therapy Pool Mary Sue	12 - 12:45 p.m. Therapy Pool Mary Sue	11:30 a.m. - 12:30 p.m. Therapy Pool Mary Sue	12 - 12:45 p.m. Therapy Pool Mary Sue
 Cancer Fitness <i>Restorative Fitness</i>	2 - 2:45 p.m. Track/Reformer Studio Linda		2 - 2:45 p.m. Track/Group Fitness Studio Linda	
 Cardiac Rehab Maintenance Phase IV <i>Heart Healthy</i>	11 a.m. - 12 p.m. Fitness Floor Lacie/Pedro		11 a.m. - 12 p.m. Fitness Floor Lacie/Pedro	
 Cardiac Rehab Maintenance Phase IV <i>Heart Healthy II</i>		11 a.m. - 12 p.m. Sports Performance Lydia/Linda		11 a.m. - 12 p.m. Sports Performance Todd/Lydia
 Weight Management <i>MOVE</i>	4:50 - 5:35 p.m. Track/Group Fitness Studio Pedro/Hailey		4:50 - 5:35 p.m. Track/Group Fitness Studio Pedro/Hailey	
 Down Syndrome Fitness <i>Uplift</i>	7 - 8 p.m. Group Fitness Studio Justin		7 - 8 p.m. Group Fitness Studio Justin	
 Diabetes Fitness <i>MOVE</i>	4:50 - 5:35 p.m. Track/Group Fitness Studio Pedro/Hailey		4:50 - 5:35 p.m. Track/Group Fitness Studio Pedro/Hailey	
 Osteoporosis Fitness <i>Bone Builders</i>		2:15 - 3 p.m. Yoga Studio Lydia/Megan/Jill		2:15 - 3 p.m. Yoga Studio Lydia/Megan/Jill
 Osteoporosis Fitness Level II <i>Bone Builders II</i>		3:15 - 4 p.m. Group Fitness Studio Lydia/Megan		3 - 3:45 p.m. Group Fitness Studio Lydia/Megan

Best Medicine Program

Fitness programs for individuals transitioning 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 include high blood pressure, high cholesterol, elevated glucose levels and BMI that exceeds 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*



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.



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.

For more information contact programs@beaconhealthsystem.org or 574.584.2572 | beaconhealthandfitness.org

Session Dates 2026

January 4 - February 14
February 22 - April 4

April 12 - May 23
May 31 - July 11

July 19 - August 29
September 6 - October 17

October 25 - December 19

**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.