

Best Medicine Program | Three Rivers

BEST
MEDICINE
PROGRAM
AVAILABLE ONLY AT



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Arthritis Fitness Joint Venture I		10 - 10:45 a.m. Therapy Pool Lynn		10 - 10:45 a.m. Therapy Pool Lynn		
Arthritis Fitness Joint Venture II					11:30 a.m. - 12:15 p.m. Therapy Pool Saray	
Cardiac Rehab Maintenance Phase IV Heart Healthy		10 - 11 a.m. Fitness Floor/ Aerobics Studio Meg		10 - 11 a.m. Fitness Floor/ Aerobics Studio Meg		
Osteoporosis Fitness Bone Builders	11 - 11:45 a.m. Aerobics Studio Lynn		11 - 11:45 a.m. Aerobics Studio Saray			
Parkinson's Fitness CLIMB	1 - 2 p.m. Aerobics Studio Lynn		1 - 2 p.m. Aerobics Studio Saray			

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 who 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.



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.

*Referral required for participation in any Beacon Best Medicine program

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

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