










# Best Medicine Program

## Granger

**BEST  
MEDICINE  
PROGRAM**  
AVAILABLE ONLY AT



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>Arthritis Fitness</b> <i>Joint Venture I</i>	10:00am - 10:45am Therapy Pool   Mary Sue 10:45am - 11:30am Therapy Pool   Mary Sue		10:00am - 10:45am Therapy Pool   Mary Sue 10:45am - 11:30am Therapy Pool   Mary Sue			
 <b>Arthritis Fitness</b> <i>Joint Venture II</i>	12:45pm - 1:45pm Therapy Pool Mallory		12:45pm - 1:45pm Therapy Pool Mallory			
 <b>Parkinson's Fitness</b> <i>CLIMB</i>	4:00pm - 5:00pm Group Fitness Studio Jake/Sarah M/Chelsea		4:00pm - 5:00pm Group Fitness Studio Jake/Sarah M/Chelsea			
 <b>Neurological Aquatic Fitness</b> <i>NeuroH2O</i>	11:30am - 12:30pm Therapy Pool Mary Sue		11:30am - 12:30pm Therapy Pool Mary Sue			
 <b>Cancer Fitness</b> <i>Restorative Fitness at Memorial Regional Cancer Center</i>	8:00am - 11:00am MRCC Memorial Hospital South Bend Sarah M	1:00pm - 3:00pm MRCC Memorial Hospital South Bend Kathleen	8:00am - 11:00am MRCC Memorial Hospital South Bend Sarah	1:00pm - 3:00pm MRCC Memorial Hospital South Bend Kathleen		
 <b>Cardiac Rehab Maintenance Phase IV</b> <i>Hearth Healthy</i>	11:00am - 12:00pm Fitness Floor Jake/Lauren		11:00am - 12:00pm Fitness Floor Jake/Lauren			
 <b>Peripheral Artery Disease (PAD) Fitness</b> <i>Steps Ahead</i>		2:00pm - 3:00pm Fitness Floor Jake/Jessica W			2:00pm - 3:00pm Fitness Floor Jake/Jessica W	
 <b>Down Syndrome Fitness</b> <i>Uplift</i>	7:00pm - 8:00pm Group Fitness Studio Sarah M		7:00pm - 8:00pm Group Fitness Studio Sarah M			
 <b>Weight Management</b> <i>MOVE</i>	5:00pm - 5:45pm Group Fitness Studio Sarah M		5:00pm - 5:45pm Group Fitness Studio Sarah M			

For more information contact Sarah at [SSstrefling@beaconhealthsystem.org](mailto:SSstrefling@beaconhealthsystem.org) or 574.647.2654  
[www.beaconhealthandfitness.org](http://www.beaconhealthandfitness.org)