



# Best Medicine Program

## South Bend

**BEST  
MEDICINE  
PROGRAM**  
AVAILABLE ONLY AT



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>Arthritis Fitness</b> <i>Joint Venture I</i>		1:00pm - 1:45pm Therapy Pool   Mary Sue  3:00pm - 3:45pm Therapy Pool   Mary Sue		1:00pm - 1:45pm Therapy Pool   Mary Sue  3:00pm - 3:45pm Therapy Pool   Mary Sue		
 <b>Arthritis Fitness</b> <i>Joint Venture II</i>		11:45am - 12:45pm Therapy Pool Brenda		11:45am - 12:45pm Therapy Pool Brenda		
 <b>Parkinson's Fitness</b> <i>CLIMB</i>		11:00am-12:00pm Gym Floor Colleen/Emily		11:00am-12:00pm Gym Floor Colleen/Emily		
 <b>Neurological Aquatic Fitness</b> <i>NeuroH2O</i>		2:00pm - 3:00pm Therapy Pool Mary Sue		2:00pm - 3:00pm 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>		6:00pm - 7:00pm Fitness Floor Jake/Sarah M		6:00pm - 7:00pm Fitness Floor Jake/Sarah M		
 <b>Peripheral Artery Disease (PAD) Fitness</b> <i>Steps Ahead</i>		2:00pm - 3:00pm Fitness Floor Sarah M		2:00pm - 3:00pm Fitness Floor Sarah M		
 <b>Weight Management</b> <i>MOVE</i>	5:15 pm - 6:00pm Basketball Court Dave W		5:15 pm - 6:00pm Basketball Court Dave W			
 <b>Autism Fitness</b> <i>Piece of the Puzzle</i>		4:15pm - 5:00pm Group Fitness Studio Sarah M		4:15pm - 5:00pm 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)