

Engage Fitness & Wellness

In-Person and Online Programs

Summer 2025



740-363-6677

MySourcePoint.org



July 7–Oct. 4, 2025

Hours of operation:

Monday–Thursday, 8 a.m.–8 p.m.

Friday, 8 a.m.–5 p.m.

Saturday, 8 a.m.–noon.

Close at 4 p.m. Aug. 29; Close at

2 p.m. Aug. 8; Closed Aug. 30,

Sept. 1.

Registration is required and begins June 23 at MySourcePoint.org/EC or with customer service.

All programs take place at 800 Cheshire Road, Delaware unless otherwise indicated. Program fees are prorated throughout the quarter. Programs subject to change.

Scholarships are available and applying is easy! Email info@MySourcePoint.org, call 740-363-6677, or apply online.

Cancellation Policy: You will receive a refund for fee-based programs canceled by SourcePoint or for programs from which you withdraw before the deadline. Refunds are not available for programs you're unable to attend.

WITH SUPPORT FROM

2014–2026 Health & Wellness Partner



*We have your fitness solution! Group fitness, personal training, go it alone—we have it all. If you're looking for strength and conditioning, mobility and balance, or mind-body connection, our professional, motivated, and enthusiastic instructors and trainers are here to help you achieve your active aging goals! **Consult your physician before beginning any exercise program.***

Holistic Therapy

FOOT CARE CLINIC: RETURN VISIT (No new clients at this time.)

Tuesdays, 8:30 a.m.–3 p.m., by appointment.

Care is conducted by licensed nurses specialized in foot care for elder feet. Schedule your appointment with customer service in person or at 740-363-6677.

Fee: \$13, due at time of reservation.

THERAPY DOG INTERNATIONAL

Second and fourth Tuesday of each month, 10 a.m.–noon.

Second Fridays, Aug. 8 and Sept. 12, 10 a.m.–1 p.m.

A volunteer group of qualified handlers and therapy dogs for visitations to provide comfort and companionship, increase emotional well-being, and promote healing. Come pet canine visitors Lucy, Dani, and JaJa. They will be happy to see you!

Land Exercise

Instructors coach proper technique and form to help you reach your goals, prevent injuries, target the right muscles, and promote better breathing. If you do not attend class for 4 consecutive weeks, you are subject to removal from the class. See Land Exercise Grid for a visual of when classes are held.

FITNESS CENTER

Open during center hours.

Offers the use of resistance training machines, strength training equipment, free weights, stationary bikes, cardiovascular machines, and accessories. Included in your Fitness Center

registration are four training plans for you to try! First is Walk, Run, Thrive, for cardio + strength training, then the Fitness Training Program, when using the assisted machines and free weights, a Golf and Pickleball Warm-up sheet, and the Wellness Pond, a five-station workout when you walk outside. Pick up your copies for these self-led programs in the Fitness Center.

Fee: \$50. Fee is for unlimited use during the quarter and is prorated. No fee for Renew Active/SilverSneakers/Silver&Fit.

BALANCE BOOST

Mondays with Dyan, 1–1:45 p.m.
Thursdays with Dyan, 11–11:45 a.m.

Beginner–advanced. The National Institute of Health recommends strength training to prevent falls in older adults. You need balance for everything from walking to getting out of a chair to tying your shoes. This prevention-focused class will boost your balance by building strong muscles in your arms, core and legs. Beginners are encouraged to attend.

Fee: \$40 for a one-time per week series.

BALANCE BOOST *ONLINE*

Mondays with Dyan or Austin, 1–1:45 p.m.

Thursdays with Dyan, 11–11:45 a.m.

Participate from home in a beginner-advanced strength training class to improve balance. The National Institute of Health recommends strength training for older adults to prevent falls.

Fee: \$15 for a two–time per week series.

BANDS & BELLS

Mondays or Wednesdays with Austin, or Fridays with Valarie, 10–10:45 a.m.

Intermediate–advanced. National Institute on Aging researchers have studied the effects of strength training for more than 40 years and have identified multiple ways it can benefit older adults, including maintaining muscle mass, improving mobility, and increasing the healthy years of life. Bands & Bells is specifically programmed to strengthen muscle and improve bone density using dumbbells and a resistance band in a complete body workout. You'll be coached through exercises at your own pace in a supportive atmosphere. Beginners are encouraged to attend.

Fee: \$40 for the series.

BANDS & BELLS *ONLINE*

Mondays and Wednesdays with Austin, 10–10:45 a.m.
Intermediate-advanced.

Specifically programmed to strengthen muscle and improve bone density to increase the healthy years of life.

Fee: \$15 for a two–time per week series.

BOOTCAMP

Tuesdays or Thursdays with Michelle W., 2–2:45 p.m.

Beginner–advanced. A varied, challenging and fun mix of aerobics, resistance training and energetic exploration. Learn to move with efficiency, to lessen aches and pains, and trust the body's natural abilities. Bootcamp focuses on a combination of stability and strength to move with ease and confidence in daily living.

Fee: \$40 for a one-time per week series.

CARDIO DANCE

Mondays with Judy H., 3–3:45 p.m.

Beginner-advanced. Improve cardiovascular health, coordination, balance, and memory as we learn easy dances by combining repetitive movement patterns. A variety of musical genres will be enjoyed! This will be a fun and non-intimidating environment appropriate for all fitness levels.

Fee: \$40 for the series.

CHAIR DANCING

Wednesdays with Dyan,

1:15–2 p.m.

Two left feet? Mobility issues? Poor balance? No problem. This fun and fantastic chair dance class will get your heart pumping and your toes tapping! It's a full-body workout to improve strength and cardio endurance, balance and flexibility, coordination and boogie power!

Fee: \$40 for a one-time per week series.

FLEX AND FLOW

Mondays with Judy H., 4-4:45 p.m.

Beginner-advanced. Improve your flexibility and mobility with this full-body range-of-motion workout. We'll use a combination of seated and standing movements that will improve core strength, stability, balance, and flexibility. Mindful breathing and relaxation techniques will also be included. A fun and friendly class for all fitness levels.

Fee: \$40 for the series.

HIIT SQUAD

Mondays or Wednesdays with Michelle W., 5–5:45 p.m.

Beginner-intermediate-advanced. High Intensity Interval Training (HIIT) is a fun, challenging way to build strength, increase endurance, and torch fat. Harvard School of Public Health considers HIIT an effective exercise

option for older adults to improve cardiovascular fitness, regulate body composition, increase endurance, and promote strength. You will use bodyweight, plyometrics, and weights to redefine your body and well-being, increase metabolism, and get fit fast! Bring a towel, something to drink, and motivation.

Fee: \$40 for a one-time per week series.

PEDAL & PUMP

Tuesdays or Thursdays with Austin, 10–10:45 a.m.

Beginner-advanced. Social cycling at your own pace and intensity. Promotes physical and emotional well-being while getting you in shape. Cycling is a whole-body exercise with mental health benefits. Boost bone density, improve cardiovascular health and endurance, strengthen the core and lower body, work on weight loss, and get happy, healthy, and smarter (per Harvard University and OSU)!
Fee: \$40 for a one-time per week series.

RESISTANCE TRAINING

Mondays or Fridays with Jennifer, noon–12:45 p.m.

Beginner-advanced. This class demystifies resistance/strength training by teaching you the 'how' behind the exercise and equipment. Using dumbbells

and bodyweight to help you achieve your goals to build muscle, boost bone health, and gain confidence.

Fee: \$40 for a one-time per week series.

SELF-CARE CHAIR

Mondays or Fridays with Jennifer, 1–1:45 p.m.

Wednesdays with Austin, 12:15–1 p.m.

Beginners and/or those who use walking aids. Strength, Energy, Low-impact, Functional is SELF-Care Chair. Fitness is not optional. Exercise is necessary for quality of life. While sitting you can do safe stretching and strength training, improve functional mobility, increase aerobic capacity, and boost overall health. If you have joint discomfort or uncertainty when walking, SELF-Care Chair will improve your fitness confidence.

Fee: \$40 for a one-time per week series.

SILVERSNEAKERS BOOM MOVE

Mondays–Fridays with Austin or Mimi, 9–9:45 a.m.

Beginner-advanced. A gradual to high intensity, low-impact cardiovascular endurance class to get your boom on!

Fee: \$40 for a one-time per week series. No fee for Renew Active/SilverSneakers/Silver&Fit.

BOOM MOVE *ONLINE*

Mondays and Wednesdays with Austin or Mimi, 9–9:45 a.m.

A gradual to high intensity, low-impact cardio endurance class that incorporates athletic exercises to boost overall fitness.

Fee: \$15 for a two-time per week series.

SILVERSNEAKERS CIRCUIT

Tuesdays or Thursdays with Mimi, 10–10:45 a.m.

An intermediate-level class. Use dumbbells, a resistance band, and a soft ball to improve and increase your cardiovascular and muscular endurance with this standing circuit class.

Fee: \$40 for a one-time per week series. No fee for Renew Active/SilverSneakers/Silver&Fit.

CIRCUIT *ONLINE*

Tuesdays and Thursdays with Mimi, 10–10:45 a.m.

Participate from home in this intermediate-level class. Using dumbbells, a resistance band, and a soft ball, or your home substitutions, this heart-pumping strength class will shake up your exercise routine.

Fee: \$15 for a two-time per week series.

SILVERSNEAKERS CLASSIC

Mondays or Fridays with Dyan,

or Wednesdays with Michelle DV, 11–11:45 a.m.

A beginner-friendly strength class. Using dumbbells, a resistance band, and a soft ball, this is an easy way to get back to exercise or recover from injury.

Fee: \$40 for a one-time per week series. No fee for Renew Active/SilverSneakers/Silver&Fit.

SILVERSNEAKERS YOGA

Mondays or Fridays with Dyan, or Wednesdays with Mimi, 10–10:45 a.m.

A beginner-level class. You will learn seated and standing poses to improve breathing, increase flexibility, bolster balance and confidently explore range-of-motion.

Fee: \$40 for a one-time per week series. No fee for Renew Active/SilverSneakers/Silver&Fit.

STRENGTH, CORE & MORE

NEW!

Mondays, Wednesdays, or Fridays with Dyan, noon–12:45 p.m.

Intermediate–advanced. A total body resistance training class using bodyweight, resistance bands, barbells, and other equipment to target specific muscle groups to improve definition and stimulate muscle growth. You'll be coached through exercises at your own pace in a supportive

atmosphere. Members must be able to get up and down from the floor.

Fee: \$40 for a one-time per week series.

TAI CHI: WU

Tuesdays with Mimi, 11–11:45 a.m.

Beginner-advanced. A powerful, graceful, and ancient movement art to develop and maintain strength and flexibility, balance and stamina, mindfulness and stress-reduction. Harvard University calls it “the perfect activity for the rest of your life.” Wu-style Tai Chi's soft and relaxing movements are easily adapted for anyone.

Fee: \$40 for the series.

TAI CHI: WU *ONLINE*

Tuesdays with Mimi, 11–11:45 a.m.

Beginner-advanced. A powerful, graceful and ancient movement art easily adapted for anyone. Harvard University calls it “the perfect activity for the rest of your life.”

Fee: \$10 for a one-time per week series.

YOGA: GENTLE

Mondays with Laurel, 11 a.m.–noon.

Wednesdays with Laurel, 8:45–9:45 a.m.

A beginner level, slow-paced class affords time to explore

postures while cultivating strength, flexibility, and balance. Mindfully move through life fully embodied, connected, and whole.

Members must be able to get up and down from the floor.

Fee: \$40 for a one-time per week series.

YOGA: HATHA

Tuesdays or Thursdays with Polly, 11 a.m.–12:15 p.m.

Beginner-intermediate. The foundation of all yoga. This practice focuses on proper alignment, breathing, and sensing vital life force energy to bring about a sound, healthy body, and a clear, peaceful mind. Bring your yoga mat.

Members must be able to get up and down from the floor.

Fee: \$40 for a one-time per week series.

YOGA: MOVE INTO MEDITATION

Wednesdays, July 9, Aug. 13, and Sept. 10, 2:15–3:15 p.m.

This once-a-month class is a combination of guided movement and meditation. You will be introduced to a theme, a mudra (hand gesture), and breathing practice. A yoga posture sequence will follow to prepare your body for meditation. The class will conclude with journaling to help you integrate the experience. In addition to

your yoga mat please bring a journal/notebook and pen.

Fee: \$30 for a one-time per month series.

YOGA: RESTORATIVE

Thursdays with Michelle W., 3–4 p.m.

A beginner level practice to relax, restore, and rejuvenate the body and mind. Slow poses that focus on breathing, mellow movements, and long holds. Restorative is more about relaxation than building strength. Members must be able to get up and down from the floor.

Fee: \$40 for the series.

YOGA: VINYASA

Tuesdays with Michelle W., 3–4 p.m.

Wednesdays with Laurel, 11 a.m.–noon.

Intermediate-advanced (Michelle's class). Experienced beginners-intermediate (Polly's class.) A continuously flowing practice that links poses to breath. Strength, flexibility, focus, breath control, and a calm mind are hallmarks of Vinyasa. Familiarity with basic yoga poses is recommended. Members must be able to get up and down from the floor.

Fee: \$40 for a one-time per week series.

YOGA: YIN

Fridays with Laurel, 8:45–

9:45 a.m.

Beginner-advanced. Yin Yoga is a slower practice where poses are held longer (2-3 minutes) working on the deep, dense connective tissues and joints of the body, facilitating release of physical tension and stagnant energy. A combination of yin yoga, breath awareness, and meditation, this class offers a gentle opening experience. Members must be able to get up and down from the floor.

Fee: \$40 for the series.

Personal Training

PERSONAL TRAINING SINGLE SESSION OR SERIES

Not sure what exercises are right for you? Your body type, health, and personal self are unique. Following someone else's workout routine does not take this into account. Exercises are not one-size-fits-all. You need a training plan created for your specific needs. Personal training helps you define and attain your goals. Personal training will educate, motivate, personalize, challenge, and help you improve, all in a safe environment. To start your fitness journey, visit the fitness desk where you will pick up a Client Assessment form to fill out and make an appointment for a Physical Assessment. Then you can register and schedule your first personal training to

prioritize your unique health and fitness. Contact Valarie at 740-363-6677, ext. 169 or vwright@MySourcePoint.org.
Fee: \$40 for 45-min. session; \$140 for four 45-min. sessions.

Water Exercise

See Water Exercise Grid for a visual of when classes are held. Pool shoes required. If you do not attend class for 4 consecutive weeks, you are subject to removal from the class.

POOL WALKING

Mondays or Wednesdays, 8:15–9 a.m., 11:15–noon, 12:15–1 p.m., 1:15–2 p.m., 3:15–4 p.m., or 4:15–5 p.m.

Wednesday, 2:15–3 p.m.

Tuesdays, 8:15–9 a.m., 9:15–10 a.m., 10:15–11 a.m., 11:15–noon, 12:15–1 p.m., 1:15–2 p.m., or 4:15–5 p.m.

Thursdays, 8:15–9 a.m., 11:15–noon, 12:15–1 p.m., 1:15–1 p.m., or 4:15–5 p.m.

Fridays, 8:15–9 a.m., 11:15–noon, 12:15–1 p.m., or 3:15–4 p.m. (No 3:15 class Aug. 29.)

Saturdays, 8:15–9 a.m. or 9–9:45 a.m.

Self-led exercise.

Fee: \$40 for a one-time per week series. No fee for Renew Active/SilverSneakers/Silver&Fit.

SILVERSNEAKERS SPLASH

Fridays with Dyan, 1:15–2 p.m. (No class Aug. 8.)

Fun, shallow-water exercise to increase movement and intensity. Suitable for all levels.
Fee: \$40 for a one-time per week series. No fee for Renew Active/SilverSneakers/Silver&Fit.

SPLASHDANCE

Fridays with Mae, 10:15–11 a.m.

Beginner–advanced. Swing your hips, shake your shoulders, and spice up your water fitness with this energetic and fun dance/fitness fusion. No dance experience required in this judgment-free zone. We will use aquabells, water weights, noodles, and splash as we dance!
Fee: \$40 for a one-time per week series.

WATER AEROBICS

Mondays with Mae, 9:15–10 a.m. or 10:15–11 a.m., or Dyan, 2:15–3 p.m.

Fridays with Mae, 9:15–10 a.m., or Dyan, 2:15–3 p.m.
Low-impact exercises that target flexibility, strength, and cardio endurance. Adaptable.
Fee: \$40 for a one-time per week series.

WATER AEROBICS

INTERMEDIATE

Mondays, Tuesdays, or Wednesdays with Kim, 5:30–

6:15 p.m.

Thursdays with Kim, 9:15–10 a.m. or 10:15–11 a.m.

Intermediate-advanced. Take the plunge and try this low-impact workout that builds muscle strength and boosts endurance. This fun and faster paced class will give your body and mind a fitness and wellbeing boost. Using water weights, noodles and splash boards you can be easy on the joints while improving muscle strength and endurance.
Fee: \$40 for a one-time per week series.

WATER PUMP

Wednesdays with Dyan, 9:15–10 a.m. or 10:15–11 a.m.

Intermediate-advanced. Take your aquatics class to a whole new level using water weights to increase your strength and balance, and intervals to pump up your heart rate, improve fitness, and increase metabolism. We add weights, noodles, and other water accessories to keep it fun – all while being kind to your joints and ligaments.
Fee: \$40 for a one-time per week series.

WATER VOLLEYBALL

Tuesdays or Thursdays, 2:15–4 p.m.

Saturdays, 10–11:30 a.m.

Self-led play. Water Volleyball is fun fitness, friendly

competition, improved cardiovascular endurance, easy on the joints, increased agility, and fellowship. Laugh and get in shape at the same time.

Registration Options:

WATER VOLLEYBALL REGULAR PLAYER

Choose this option if you can commit to attending consistently. Regular players are scheduled to play each week.

Fee: \$40 for a one-time per week series. No fee for Renew Active/SilverSneakers/Silver&Fit.

WATER VOLLEYBALL SUBSTITUTE PLAYER

Select this option if your schedule varies. Substitutes will be contacted to fill in when a regular player is unable to attend. Substitute Player is a pilot program contingent upon a participant to volunteer to manage the substitute list.

Fee: \$20 for a one-time per week series. No fee for Renew Active/SilverSneakers/Silver&Fit.

Sports & Recreation

GOLDEN MARATHON OUTDOOR HIKING

Mondays with Bob, 9:30–11:30 a.m. at various parks.

Get moving with SourcePoint's Golden Marathon outdoor

hikers! We hike and walk, rain or shine! Meet at locations listed, bring your own water, and be prepared for the weather and terrain.

Remember to register!

July 7: Gallant Woods Park, 2157 Buttermilk Hill Road, Delaware.

July 14: Delaware State Park, 5202 U.S. 23 N., Delaware.

July 21: Liberty Park, 2507 Home Road, Delaware.

July 28: Emily Traphagen Park, 5094 Seldom Seen Road, Powell.

Aug. 4: Blues Creek Park, 9627 Fontanelle Road, Ostrander.

Aug. 11: Sharon Woods Metro Park, 6911 Cleveland Ave., Westerville.

Aug. 18: Hickory Woods Park, 1271 Pollock Road, Delaware.

Aug. 25: Alum Creek State Park, Africa Rd-Parking Lot at end of Plumb Rd, Lewis Center.

Sept. 1: Glacier Ridge Metro Park, 7825 Hyland-Croy Road, Plain City.

Sept. 8: Rocky Fork Metro Park, 7180 Walnut Street, Westerville.

Sept. 15: Deer Haven Preserve, 4183 Liberty Road, Delaware.

Sept. 22: National Museum of the Great Lakes, Toledo*. *Day Trip registration required.*

Sept. 29: Shale Hollow Park, 6320 Artesian Run, Delaware

For hiking information, contact Bob Brenner at 740-815-3643 or robrenner2011@yahoo.com.

**See Day Trips for details.*

GOLF: TRAVEL LEAGUE

Wednesdays through Oct. 8 (tentative), start times vary per course.

The SourcePoint Traveling Golf League is a fun, flexible, convenient, and semi-competitive way to connect with golfers of every ability, play at several different courses, and improve your game. Registration remains open after the start date. Register online, over the phone, or in-person to join your friends, make new ones, improve your health, and have a great time! There are two ways to play: Regular or Substitute (see below). When you register, choose which level of participation works for you. *Fee: \$10 one-time registration fee plus green fees each week.*

TRAVEL GOLF LEAGUE REGULAR

All levels of players are welcome. Teams are set up and play is based on enrollment.

TRAVEL GOLF LEAGUE SUBSTITUTE

Can't commit to being a regular but want to join in for some friendly rounds? Register as a substitute.

GOLF: HIDDEN VALLEY LEAGUE

Fridays through Sept. 19

**(tentative), start times are
between 8:30–9:20 a.m.**

The SourcePoint Hidden Valley League meets at the beautiful executive, 9-hole course nestled in Delaware's hidden valley. A pond, mature trees and sand traps make this course a challenge for beginners as well as advanced golfers. Registration remains open after the start date.

Register online, over the phone, or in person to join your friends, make new ones, improve your health, and have a great time!

*Fee: \$5 one-time registration
fee plus green fees each week.*

Land Exercises

	Monday			Tuesday			Wednesday			Thursday			Friday		
	Dance	Indy	119 120 131	Dance	Indy	119 120 131	Dance	Indy	119 120 131	Dance	Indy	119 120 131	Dance	Indy	119 120 131
8:30															
9 a.m.		Silver-Sneakers BOOM*		Line Dancing: Improver	Silver-Sneakers BOOM		Yoga: Gentle	Silver-Sneakers BOOM*			Silver-Sneakers BOOM		Yoga: Yin	Silver-Sneakers BOOM	
10 a.m.	Silver-Sneakers Yoga	Bands & Bells*			Silver-Sneakers Circuit*	Pedal & Pump	Silver-Sneakers Yoga	Bands & Bells*			Silver-Sneakers Circuit*	Pedal & Pump	Silver-Sneakers Yoga	Bands & Bells	
11 a.m.	Yoga: Gentle	Silver-Sneakers Classic		Yoga: Hatha	Tai Chi: Wu*		Yoga: Vinyasa	Silver-Sneakers Classic			Yoga: Hatha	Balance Boost*		Silver-Sneakers Classic	
noon		Resistance Training	Strength, Core & More				SELF-Care Chair	Strength, Core & More				Tai Chi for Arthritis	Resistance Training	Strength, Core & More	
1 p.m.	SELF-Care Chair	Balance Boost*					Chair Dancing				Line Dancing: Improver		SELF-Care Chair		
2 p.m.					Bootcamp		Yoga: Move into Meditation					Bootcamp			
3 p.m.	Cadio Dance			Yoga: Vinyasa							Yoga: Restorative		8 a.m.		8 a.m.
4 p.m.	Flex and Flow						Line Dancing: Absolute Beginners						9 a.m.		9 a.m.
5 p.m.	Line Dancing: Absolute Beginners	HIIT Squad									Social Partner Dance		10 a.m.		10 a.m.
6 p.m.	Line Dancing: Beginner			Line Dancing: Improver			Line Dancing: Beginner						11 a.m.		11 a.m.

*online option available

Water Exercises

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8 a.m.						
	Pool Walking	Pool Walking	Pool Walking	Pool Walking	Pool Walking	Pool Walking
9 a.m.						
	Water Aerobics	Pool Walking	Water Pump	Water Aerobics Intermediate	Water Aerobics	Pool Walking
10 a.m.						
	Water Aerobics	Pool Walking	Water Pump	Water Aerobics Intermediate	SplashDance	Water Volleyball
11 a.m.						
	Pool Walking	Pool Walking	Pool Walking	Pool Walking	Pool Walking	
noon						
	Pool Walking	Pool Walking	Pool Walking	Pool Walking	Pool Walking	
1 p.m.						
	Pool Walking	Pool Walking	Pool Walking	Pool Walking	SilverSneakers Splash	
2 p.m.						
	Water Aerobics		Pool Walking		Water Aerobics	
3 p.m.		Water Volleyball		Water Volleyball		
	Pool Walking		Pool Walking		Pool Walking	
4 p.m.						
	Pool Walking	Pool Walking	Pool Walking	Pool Walking		
5 p.m.						
	Water Aerobics Intermediate	Water Aerobics Intermediate	Water Aerobics Intermediate			
6 p.m.						