

# Engage Fitness & Wellness

In-Person and Online Programs

Winter 2026



740-363-6677

[MySourcePoint.org](https://MySourcePoint.org)



**Jan. 5–April 4, 2026**

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. Jan. 16; closed Jan. 17 and 19, March 6.

**Registration is required** and begins Dec. 15 at [MySourcePoint.org/EC](https://MySourcePoint.org/EC) or with customer service.

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

**Scholarships** have expanded access! Email CRN@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.



Programs with this symbol align with goals from Delaware County's Age-Friendly Action Plan. Learn more at [MySourcePoint.org/age-friendly](https://MySourcePoint.org/age-friendly).

*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.***

## DROP-IN OPTIONS

ComPASS members may now drop in for the fitness center or land/water exercise classes on days they visit without prior registration. To drop in, members must:

1. Confirm available openings with Customer Service.
2. Pay the \$5 drop-in fee.

## Land Exercise

*Instructors coach proper technique and form to help you reach your goals, prevent injuries, target the right muscles, and promote better breathing. For your safety, closed-toe athletic shoes are required for all classes, with the exception of yoga. Please note that if you do not attend class for 4 consecutive weeks, you may be removed from the class if others are waiting to get into 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 Strength and Weight Training Program, when using the assisted machines and free weights, a Functional Mobility Flow routine for daily range of motion, 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: \$50 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: \$20 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: \$50 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: \$20 for a two-time per week series.*

### **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: \$20 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: \$50 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: \$50 for the series.*

### **CHAIR DANCING**

**Wednesdays with Dyan,**

### **1–1:45 p.m. *NEW TIME***

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: \$50 for a one-time per week series.*

### **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: \$20 for a two-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: \$50 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: \$50 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: \$50 for a one-time per week series.*

### **PUMP TO THE BEAT *NEW!***

**Tuesdays with Gina, 1–1:45 p.m.**

Intermediate–Advanced. Turn up the tempo with Pump to the Beat! This music-driven workout fuses strength training and cardio intervals to upbeat hits that keep you moving and motivated. Each track targets different muscle groups that build strength, stamina, and total body fitness. Using dumbbells, kettlebells, resistance bands, and bodyweight exercises, you'll enhance muscles, increase cardiovascular fitness, build endurance, and regulate body composition all to the beat of your favorite hits from the '50s to the '80s. This feel-good workout keeps you moving to the music and feeling strong!  
*Fee: \$50 for a one-time per week series.*

### **PUMP TO THE BEAT *ONLINE NEW!***

**Tuesdays with Gina, 1–1:45 p.m.**

Intermediate-advanced. Upbeat hits with strength training and cardio intervals. A feel-good workout to build endurance and muscle.  
*Fee: \$10 for a one-time per week series.*

## **RESISTANCE TRAINING**

**Mondays 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: \$50 for a one-time per week series.*

## **SELF-CARE CHAIR**

**Mondays with Jennifer, 1–1:45 p.m.**

**Wednesdays with Austin,**  
**12:15–1 p.m.**

**Fridays with Mimi, 11–11:45 a.m.**

Don't let limited mobility stop you from getting a full, invigorating workout! Our Self-Care Chair class proves that you can build strength, boost heart health, and increase flexibility—all from the comfort of your seat. This unique, sitting-only class combines cardio (like seated marching and 'jumping' jacks) to elevate your heart rate and improve endurance, with strength training (using dumbbells) to strengthen muscles and maintain stability. It's a safe, effective, and fun way to keep your body active and give your mental well-being a boost! Join us to move and feel better!

*Fee: \$50 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: \$50 for a one-time per week series. No fee for Renew Active/SilverSneakers/Silver&Fit.*

**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: \$50 for a one-time per week series. No fee for Renew Active/SilverSneakers/Silver&Fit.*

**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: \$50 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: \$50 for a one-time per week series. No fee for Renew Active/SilverSneakers/Silver&Fit.*

**STRENGTH, CORE & MORE**  
**Mondays with Dyan, 9–9:45 a.m.**

**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: \$50 for a one-time per week series.*

**TAI CHI: CHAIR** **NEW!**   
**Thursdays with Mimi, 1–1:45 p.m.**

Beginner–advanced. This is

your chance to experience the slow, graceful movements of Tai Chi right from the comfort and stability of a chair! It's the perfect, low-impact exercise if you have limited mobility or are simply looking for a gentle workout. You'll focus on mindful breathing and posture through smooth movements to instantly improve your flexibility, boost your coordination, and find a genuine sense of relaxation—all while staying safely seated.

*Fee: \$50 for the series.*

**TAI CHI: CHAIR *ONLINE NEW!***   
**Thursdays with Mimi, 1–1:45 p.m.**

Experience the gentle, stress-relieving movements of Tai Chi from home! This modified, seated class is perfect for improving your flexibility, coordination, and relaxation, all from the stability of your chair.

*Fee: \$10 for the 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: \$50 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.*

**TWIST & TARGET *NEW!***  
**Tuesdays with Gina, noon–12:45 p.m.**

Beginner-Intermediate. Shake, step, strengthen in Twist & Target! This low-impact class blends classic dance moves—like the twist, grapevine, and cha-cha—with light resistance training using dumbbells, bands, and body weight. Move to the timeless hits of the '50s through the '80s while improving balance, coordination, muscle strength, and cardiovascular fitness. It's fun, energizing, and the perfect way to stay active and strong while dancing down memory lane!

**TWIST & TARGET *ONLINE NEW!***  
**Tuesdays with Gina, noon–12:45 p.m.**

Beginner–intermediate. Classic dance moves with light resistance training for a fun,

energizing way to stay active and strong.

*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: \$50 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: \$50 for a one-time per week series.*

**YOGA: MOVE INTO MEDITATION**  
**Second Wednesday of each month, 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: \$50 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 (Laurel'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: \$50 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: \$50 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. It will educate, motivate, personalize, challenge, and help you improve, all in a safe environment. To start your fitness journey, pick up your Member Assessment form at the Fitness Desk. Once you return the completed form, a Personal Trainer will call you directly to schedule your official Physical Assessment. Then you can register your first personal training to prioritize your unique health and fitness. Contact Valarie at 740-363-6677, ext. 169 or [vwright@MySourcePoint.org](mailto:vwright@MySourcePoint.org).

*Fee: \$50 for 45-min. session; \$180 for four 45-min. sessions. \$335 for eight 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 may be removed from the class if others are waiting to get into the class.*

#### **AQUA STRETCH & FLOW**

**Mondays with Dyan, 3:15–4 p.m.**

Beginner–intermediate. Improve flexibility, joint mobility, and balance with this gentle, low-impact mind & body program. Perfect for

those with mobility limitations or injuries, this class combines stretching and flowing movements, so you can honor your body and move at your own pace.

*Fee: \$50 for a one-time per week series.*

### **POOL WALKING**

**Mondays, 8:15–9 a.m., 11:15–noon, 12:15–1 p.m., 1:15–2 p.m., or 4:15–5 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. *NEW TIMES***

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

**Thursdays, 8:15–9 a.m., 11:15–noon, 12:15–1 p.m., 1:15–2 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 p.m. class Jan. 16.)**

**Saturdays, 8:15–9 a.m. or 9–9:45 a.m.**

Self-led exercise.

*Fee: \$50 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.**

Fun, shallow-water exercise to increase movement and intensity. Suitable for all levels.

*Fee: \$50 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: \$50 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: \$50 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: \$50 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: \$50 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: \$50 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.

*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, Jan.**

**through March, 1:30–3 p.m. at various parks.**

Get moving with SourcePoint's Golden Marathon outdoor hikers! We hike and walk, rain/snow or shine except for temperatures below 10 degrees or a level 2 or 3 snow emergency. Meet at listed locations, bring your own water, and be prepared for the weather and terrain.

Remember to register!

Jan. 5: McCammon Creek Park, 3467 Orange Road, Lewis Center.

Jan. 12: Hickory Woods Park, 1271 Pollock Road, Delaware.

Jan. 19: Shale Hollow Park, 6320 Artesian Run, Delaware.

Jan. 26: Perfect Creek Park, 13615 N. Old 3C Highway, Sunbury.

Feb. 2: Deer Haven Preserve, 4183 Liberty Road, Delaware.

Feb. 9: Hogback Ridge Park, 2656 Hogback Road, Sunbury.

Feb. 16: Blues Creek Park, 9627 Fontanelle Road, Ostrander.

Feb. 23: Rocky Fork Metro Park, 7180 Walnut St., Westerville.

March 2: Char-Mar Ridge Park, 7741 Lewis Center Road, Westerville.

March 9: Highbanks Metro Park, 9466 Columbus Pike, Lewis Center.

March 16: Alum Creek State Park, 4020 Africa Road, end of Plumb Rd, Lewis Center.

March 23: Delaware State Park, 5202 U.S. 23 N., Delaware.

March 30: Gallant Woods Park, 2151 Buttermilk Hill Road, Delaware.

For hiking information, contact Bob Brenner at 740-815-3643 or [robrenner2011@yahoo.com](mailto:robrenner2011@yahoo.com).

# Land Exercises

	Monday			Tuesday			Wednesday			Thursday			Friday		
	Dance	Indy	120	Dance	Indy	120	Dance	Indy	120	Dance	Indy	120	Dance	Indy	120
8:30															
9 a.m.	Strength, Core & More	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*		SELF-Care Chair	Silver-Sneakers Classic	
		Resistance Training				Twist & Target					Strength Core & More				
noon															Strength Core & More
1 p.m.	SELF-Care Chair	Balance Boost*			Pump to the Beat		Chair Dancing			Line Dancing: Improver	Tai Chi: Chair				
2 p.m.		Table Tennis			Bootcamp		Yoga: Move into Meditation	Table Tennis			Bootcamp				
3 p.m.	Cardio Dance	Table Tennis		Yoga: Vinyasa			Line Dancing: Absolute Beginners			Yoga: Restorative			Line Dancing: Beginners for Parties		
4 p.m.	Flex and Flow	Table Tennis					Line Dancing: Absolute Beginners						8 a.m.		8 a.m.
5 p.m.	Line Dancing: Absolute Beginners	HIIT Squad						HIIT Squad			Table Tennis (5-7:45)		9 a.m.		
6 p.m.	Line Dancing: Beginner			Line Dancing: Improver			Line Dancing: Beginner						10 a.m.		

\*online option available

\*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		
	Aqua Stretch and Flow		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.						