

# Engage Fitness & Wellness

In-Person and Online Programs

Spring 2026



740-363-6677

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



**April 6–July 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 2 p.m. May 8; Close at 4*

*p.m. May 22, July 2; Closed May*

*23 and 25, July 3–4.*

**Registration is required** and begins March 23 at [MySourcePoint.org/EC](http://MySourcePoint.org/EC)

or with customer service.

All programs take place at 800 Cheshire Road, Delaware unless otherwise indicated. Programs subject to change.

**Scholarships** have expanded access! Email [CRN@MySourcePoint.org](mailto: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](http://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.***

*Attendance Policy: Please note that if you do not attend a program for 4 consecutive weeks, you may be contacted to ask if you would like to offer your seat to someone from the waitlist.*

## **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. 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 One Pass/Renew Active/SilverSneakers/Silver&Fit.*

### **BALANCE BOOST**

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

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 a one-time per week 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.*

### **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.**

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 the 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.*

## MIDLIFE MUSCLE: AFTER

**HOURS *NEW!*** 

**Wednesdays with Gina, 7–7:45 p.m.**

Beginner-intermediate. The workday is over; now it's time to work for yourself. Reclaim your strength, longevity, and resilience in a strength-focused class specifically designed to support muscle maintenance, bone health, posture, and functional movement. This program is ideal for those looking to build a strong physical foundation with a focus on longevity and injury prevention. Members must be able to get up and down from the floor.

*Fee: \$50 for the series.*

## NOT YOUR MAMA'S WORKOUT: AFTER HOURS

***NEW!*** 

**Wednesdays with Gina, 6–6:45 p.m.**

Beginner-intermediate. Ditch the gentle routines and turn up the heat! This high-energy HIIT session is designed for active adults who want to finish the day strong. Build real-world power, endurance, and balance through structured intervals using dumbbells, resistance bands, and jump ropes. It's safe, social, and a serious sweat—redefine what it means to stay active after dark. Members must be able to get up and down from the floor.

*Fee: \$50 for the 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

**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 the series.*

### **PUMP TO THE BEAT *ONLINE***

**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 the 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 the series.*

### **SELF-CARE CHAIR**

**Mondays with Jennifer, 1–1:45 p.m. or Wednesdays with Austin, 12:15–1 p.m. or 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.**

Intermediate–advanced (high-intensity, vigorous). A dance-inspired workout improves cardio fitness with easy-to-follow movement patterns. Perfect for the active older adult seeking a moderate to vigorous intensity workout. Participants must be comfortable exercising from a standing position.

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

**BOOM MOVE *ONLINE* Mondays and Wednesdays with Austin or Mimi, 9–9:45 a.m.**

Participate from home in a high-intensity dance-inspired class to improve cardio fitness.  
*Fee: \$20 for a two-time per week series.*

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

Intermediate (cardio + strength mix). Upper-body strength work with resistance bands, weights, and a SilverSneakers ball, alternates with low-impact cardio movements to maximize fitness benefits while minimizing stress on joints. Great for an exerciser looking for a moderate-intensity workout. Must exercise in a standing position for a minimum of 30 minutes.  
*Fee: \$50 for a one-time per week series. No fee for One Pass/Renew Active/SilverSneakers/Silver&Fit.*

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

Participate from home in this upper-body strength, standing low-impact class.  
*Fee: \$20 for a two-time per week series.*

**SILVERSNEAKERS CLASSIC Mondays or Fridays with Dyan, or Wednesdays with Michelle DV, 11–11:45 a.m.**

Beginner (seated/standing strength). Move through exercises designed to increase muscular strength, range of motion and activities for daily living. Weights, resistance bands and a SilverSneakers ball are offered for resistance. Chair

for seated or standing support. Great for a beginning exerciser or participant with limitations. *Fee: \$50 for a one-time per week series. No fee for One Pass/Renew Active/SilverSneakers/Silver&Fit.*

### **SILVERSNEAKERS YOGA**

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

All levels. Move through seated and standing yoga poses to increase flexibility, balance and range of motion. A chair is used for a variety of fitness and skill levels. Breathing exercises and relaxation promote stress reduction. Great for a beginning or more experienced exerciser interested in Yoga and flexibility training.

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

### **STRENGTH, CORE & FLOOR**

#### ***NEW NAME***

**Mondays with Dyan, 9–9:45 a.m. or 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**

**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***

**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 the series.*

### **TWIST & TARGET**

**Tuesdays with Gina, noon–12:45 p.m.**

Beginner–intermediate. Shake, step, and 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!

*Fee: \$50 for the series.*

### **TWIST & TARGET *ONLINE***

**Tuesdays with Gina, noon–12:45 p.m.**

Beginner-intermediate.

Participate from home. Shake, step, and strengthen to stay active and strong.

*Fee: \$10 for the series.*

### **YOGA: GENTLE**

**Mondays with Laurel, 11 a.m.–noon or 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, 2–3 p.m. *NEW TIME***

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: RELEASE & RESTORE *NEW NAME***

**Thursdays with Michelle W., 3–4 p.m. (No class July 2.)**

A beginner-level practice to find the sweet spot between stillness and strength. This class targets the body's "silent" support system—fascia and connective tissue—using grounding, restorative postures to melt deep-seated tension. We complement this release with targeted mobility drills to stabilize your new range of motion. Leave feeling lighter, spacious, and move with ease.

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. or 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 for your first personal training session 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 one 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.*

### AQUA BOXING: FIGHT THE RESISTANCE **NEW!**

**Wednesdays with Wendy, 1:15–2 p.m.**

Beginner-intermediate. Unleash your inner champion and turn the pool into your personal ring! Aqua Boxing blends powerful boxing-style punches—jabs, hooks, and uppercuts—with the natural high-intensity resistance of water. This splashy, high-energy workout fires up your heart and muscles for a serious burn without the wear and tear of land-based training.

*Fee: \$50 for the series.*

### AQUA STRETCH & FLOW

**Mondays or Fridays with Dyan, 3:15–4 p.m. **NEW TIME** (No class May 22.)**

**Wednesdays with Wendy, 2:15–3 p.m. **NEW DAY****

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 a.m.–noon, 12:15–1 p.m., 1:15–2 p.m., or 4:15–5 p.m.**

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

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

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

**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 One Pass/Renew Active/SilverSneakers/Silver&Fit.*

### SILVERSNEAKERS SPLASH

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

All levels (shallow water, low-impact). Enjoy aquatic exercise with this shallow-water class to increase strength and cardiovascular endurance.

A Splash kickboard provides resistance and flotation assistance. This class is suitable for all skill levels including non-swimmers. Perfect for those who may be uncomfortable exercising on land.

*Fee: \$50 for the series. No fee for One Pass/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 the series.*

### **WATER AEROBICS**

**Mondays with Mae, 9:15–10 a.m. or 10:15–11 a.m., or**

**Dyan, 2:15–3 p.m. or**

**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. or 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. (No play July 2.)**

**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 One Pass/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 One Pass/Renew Active/SilverSneakers/Silver&Fit.*

### **WILD & RESTORATIVE WATER FITNESS RETURNS**

**Tuesdays with Donna, 11:15 a.m.–noon.**

Unwind in the water with this easy-paced class. Restore, refresh, and renew with gentle stretching and strengthening to improve flexibility and build core support. Enjoy soothing, low-impact movements that are kind to your joints and muscles, all at your own pace.

*Fee: \$50 for the series.*

### **WILD WATER FITNESS RETURNS**

**Tuesdays with Donna, 9:15–10 a.m. or 10:15–11 a.m.**

Intermediate. Get wild in this fun fitness class that's gentle on your joints and muscles. Enjoy classic oldies music while boosting your aerobic fitness

and building muscular strength and endurance with water weights and noodles. It's a feel-good class at your own pace where you're sure to have a wild time getting fit!

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

## **Sports & Recreation**

### **GOLDEN MARATHON**

#### **OUTDOOR HIKING**

**Mondays with Bob, 1:00-3 p.m. at various parks.**

Get moving with SourcePoint's Golden Marathon outdoor hikers! We hike and walk, rain or shine. Meet at listed locations.

April 6: Liberty Park, 2507 Home Road, Delaware.

April 13: Hickory Woods Park, 1271 Pollock Road, Delaware.

April 20: Glacier Ridge Metro Park, 7825 Hyland-Croy Road, Plain City.

April 27: Emily Traphagen Park, 5094 Seldom Seen Road, Powell.

May 4: Highbanks Metro Park, 9466 Columbus Pike, Lewis Center.

May 11: Inniswood Metro Park, 940 Hempstead Road, Westerville.

May 18: Deer Haven Preserve, 4183 Liberty Road, Delaware.

May 25: McCammon Creek Park, 3467 Orange Road, Lewis Center.

June 1: Blendon Woods

Metro Park, 4265 Dublin Granville Road, Columbus.

June 8: Shale Hollow Park, 6320 Artesian Run, Delaware.

June 15: Sharon Woods Metro Park, 6911 Cleveland Ave., Westerville.

June 22: Char-Mar Ridge Park, 7741 Lewis Center Road, Westerville.

June 29: Hogback Ridge Park, 2656 Hogback Road, Sunbury.

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

### **GOLF: HIDDEN VALLEY LEAGUE RETURNS**

**Fridays, May 8 through Sept. 18, start times are between 8:30–9:20 a.m. (No play June 19 or July 3.)**

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.*

### **GOLF: TRAVEL LEAGUE RETURNS Wednesdays, April 22 through Oct. 7, 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 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: \$20 one-time registration fee plus green fees each week.*

### **GOLF: TRAVEL LEAGUE INFORMATIONAL MEET & GREET RETURNS**

**Wednesday, April 8, 9–10 a.m.** Join us in the Radebaugh Room at SourcePoint to meet fellow golfers and review this season's schedule. Please register.

# Land Exercises

	Monday		Tuesday		Wednesday		Thursday		Friday	
	Dance	Indy	Dance	Indy	Dance	Indy	Dance	Indy	Dance	Indy
8:30										
9 a.m.	Strength, Core & Floor	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	Bands & Bells*		Silver-Sneakers Circuit*	Silver-Sneakers Yoga	Bands & Bells
11 a.m.	Yoga: Gentle	Silver-Sneakers Classic	Yoga: Hatha	Tai Chi: Wu*	Yoga: Vinyasa	Silver-Sneakers Classic		Balance Boost**	SELF-Care Chair	Silver-Sneakers Classic
noon		Resistance Training		Twist & Target	SELF-Care Chair	Strength Core & Floor				Strength Core & Floor
1 p.m.	SELF-Care Chair	Balance Boost**		Pump to the Beat*	Chair Dancing			Tai Chi: Chair*		
2 p.m.				Bootcamp	Yoga: Move into Meditation 2nd Weds 2-3 pm			Bootcamp		
3 p.m.	Cardio Dance	Table Tennis	Yoga: Vinyasa		Beginning Improver 1st & 3rd Weds 2:30-3:30 pm	Table Tennis			Line Dancing: Beginners for Parties	
4 p.m.	Flex and Flow				Line Dancing: Absolute Beginners					
5 p.m.	Line Dancing: Absolute Beginners	HIIT Squad			Line Dancing: Beginner	HIIT Squad				
6 p.m.	Line Dancing: Beginner		Line Dancing: Improver Intermediate			Not Your Mama's Workout		Table Tennis (5-7:45)		
7 p.m.					Midlife Muscle: After Hours					

\*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	Wild Water Fitness	Water Pump	Water Aerobics Intermediate	Water Aerobics	Pool Walking
10 a.m.	Water Aerobics	Wild Water Fitness	Water Pump	Water Aerobics Intermediate	SplashDance	Water Volleyball
11 a.m.	Pool Walking	Wild and Restorative Water Fitness	Pool Walking	Pool Walking	Pool Walking	
noon	Pool Walking	Pool Walking	Pool Walking	Pool Walking	Pool Walking	
1 p.m.	Pool Walking	Pool Walking	Aqua Boxing	Pool Walking	SilverSneakers Splash	
2 p.m.	Water Aerobics	Water Volleyball	Aqua Stretch and Flow	Water Volleyball	Water Aerobics	
3 p.m.	Aqua Stretch and Flow		Pool Walking		Aqua Stretch and Flow	
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.						