

Engage Fitness & Wellness

In-Person and Online Programs

September 2021



740-363-6677

MySourcePoint.org



Aug. 30–Oct. 2, 2021

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. Sept. 3 and 2 p.m.

Sept. 10; closed Sept. 4, 6, Oct. 1.

Registration is required and begins

Aug. 23 at MySourcePoint.org/EC

or with customer service. All

programs take place at SourcePoint,

800 Cheshire Road, Delaware unless

otherwise indicated. Programs

subject to change.

Scholarships are available and

applying is easy! Contact Annette

at 740-363-6677 or [aleatherman@](mailto:aleatherman@MySourcePoint.org)

MySourcePoint.org.

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.

Find current visitor guidelines at

MySourcePoint.org/restart

WITH SUPPORT FROM

2014–2022 Health & Wellness Partner



Find your program for flexibility, strength, balance, endurance, and the mind-body connection. Consult your physician before beginning any exercise program.

Holistic Therapy

FOOT CARE CLINIC

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

Care is conducted by licensed nurses specialized in routine foot care for elder and diabetic feet. To schedule an appointment, call 740-363-6677 or register online.

Fee: \$12, due at time of reservation.

MASSAGE THERAPY

Thursdays, 10 a.m.–4 p.m., by appointment.

Tiffany Taylor, Licensed Massage Therapist, specializes in Thai yoga, Swedish, deep-tissue, and cupping techniques. Call or text 740-602-3214 to schedule your appointment.

Fee: \$110 for 90-minute Thai yoga massage, \$30 for 30-minute or \$60 for 60-minute table massage.

THERAPY DOG VISITS

Fourth Wednesday of each month, 10–11 a.m.

Petting a dog is good for your health! Visit gentle canine Rosie in the Gathering Room.

Land Exercise

FITNESS CENTER

Open during center hours.

Fee: \$15 (prorated) for unlimited use during the month. No fee for Renew Active/SilverSneakers/Silver&Fit.

AGING WELL

Wednesdays, noon–12:45 p.m.

For active adults who want to have fun while improving heart rate, balance, flexibility, and memory.

Fee: \$12 for a one-time per week series.

BOOT CAMP

**Tuesdays or Thursdays,
11–11:45 a.m.**

We keep you on your toes and challenge you in every class! Workouts are designed to improve your overall fitness—strength, cardio, flexibility, agility, and endurance.
Fee: \$12 for a one-time per week series.

CYCLE 45 RIDE

**Tuesdays or Thursdays, 10–10:45 a.m.
Mondays or Wednesdays,
5–5:45 p.m.**

Aerobic workout easy on your joints. Simulates outdoor riding with sprinting, hill climbing, and more. May include core work, strength training, and yoga for a full-body workout, all adaptable to your needs.
Fee: \$12 for a one-time per week series.

MIND-TO-MUSCLE

Tuesdays or Thursdays, 1–1:45.
This program uses a research-supported format designed to optimize function and help delay symptoms from arthritis, Parkinson's, and more.
Fee: \$12 for a one-time per week series.

PACE

Fridays, 10–11 a.m.
Designed for people with arthritis. Increases flexibility, range of motion, and strength.

PERSONAL TRAINING SINGLE SESSION OR SERIES

A personal trainer can create a routine suited to your fitness level; ensure you spend time performing the right exercises with the proper equipment; teach you the right forms and correct them as you go, thereby reducing the risk of injuries; and help you strike a proper balance to burn fat while building lean muscle. To schedule a consultation, contact Steph, Zac, or Aaron at 740-363-6677, ext. 169 or slewis@MySourcePoint.org, zjewett@MySourcePoint.org, or aselmek@MySourcePoint.org.
Fee: \$30 for 45-minute session; \$100 for four 45-minute sessions.

PERSONAL TRAINING SERIES FOR TWO

Find a training partner and pair up for support and savings! Contact Steph, Zac, or Aaron to schedule. (See above.)
Fee: \$80 per participant for consultation and four 45-minute sessions shared with your training partner.

SILVERSNEAKERS CARDIO Mondays, Wednesdays, or Fridays 9–9:45 a.m.

**Tuesdays or Thursdays,
10–10:45 a.m.**
Aerobics focusing on low-impact movement and upper body strength, abdominal

conditioning, and stretching.
Fee: \$12 for a one-time per week series. No fee for Renew Active/SilverSneakers/Silver&Fit.

SILVERSNEAKERS CIRCUIT

Tuesdays or Thursdays, 9–9:45.
Increase cardiovascular and muscular endurance with a seated or standing workout.
Fee: \$12 for a one-time per week series. No fee for Renew Active/SilverSneakers/Silver&Fit.

SILVERSNEAKERS CLASSIC

Mondays or Fridays, 11–11:45
Increase muscular strength, range of movement, and activities for daily living with the use of hand weights, elastic tubing, and ball, while seated or standing.
Fee: \$12 for a one-time per week series. No fee for Renew Active/SilverSneakers/Silver&Fit.

SILVERSNEAKERS YOGA: CHAIR Mondays, 10–10:45 a.m.

Wednesdays, 11–11:45 a.m.
Move your whole body through a complete series of seated and standing yoga poses.
Fee: \$12 for a one-time per week series. No fee for Renew Active/SilverSneakers/Silver&Fit.

STABILITY

Fridays, 1–1:45 p.m.

This class focuses on movements to improve strength and power around the ankle, knee, and hip joints, as well as trunk muscles to keep the spine and body stable, all to help you stay balanced when you move and improve reaction time. Suitable for most fitness levels. May use a chair for balance and support.

Fee: \$12 for a one-time per week series.

TABATA 45

Mondays or Wednesdays, 1–1:45 p.m.

Tabata is one of the most effective types of high-intensity interval training. Through a variety of simple, yet intense exercises, each class blasts calories and provides noticeable results in a short amount of time, whether your goal is muscle tone, weight loss, or both.

Fee: \$12 for a one-time per week series.

WALK WITH A DOC

PARTNER EVENT!

Every second and fourth Tuesday, 10 a.m., at Mingo Park, 500 E. Lincoln St., Delaware.

Take a step toward better health! Join Grace Clinic Delaware for this free, fun walking program. At the

walk, you will learn about important health topics, have your questions answered by local physicians, build new friendships, and enjoy an informal, relaxed, and fun walk at your own pace. Questions? Call Grace Clinic at 740-816-6955. *Registration not required.*

WOMEN AND WEIGHTS

Mondays or Wednesdays, 10–10:45 a.m.

This class assists women in improving posture, increasing strength, and losing body mass. You will see a positive transformation to your body and get stronger.

Fee: \$12 for a one-time per week series.

YOGA: HATHA

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

Uses postures with the goal of bringing about a sound, healthy body, and a clear, peaceful mind. Bring a mat.

Fee: \$12 for a one-time per week series.

YOGA: MINDFUL MOVEMENT

Wednesdays, 9–10 a.m.

This slower-paced flow class allows time to explore the postures while cultivating strength, flexibility, balance, and calm. Yoga poses are linked to breath to help reveal body awareness, inner strength, and easeful opening.

Fee: \$12 for a one-time per week series.

YOGA: VINYASA RETURNS!

Tuesdays or Thursdays, 3–4. Fridays, 11–noon.

Move mindfully while building strength and balance. Enjoy slowing down, moving mindfully but powerfully, and breathing deeply. Open to all levels. Bring a mat.

Fee: \$12 for a one-time per week series.

ZUMBA®

Mondays, noon–12:45 p.m. Fridays, 10–10:45 a.m.

A fitness program to party yourself into shape. Exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance using merengue, cumbia, salsa, reggaeton, cha-cha, and belly dance.

Fee: \$12 for a one-time per week series.

Land Exercise Online Options

You will receive the program link via email after registration is complete.

PACKAGES: When registering for a package online, you must click on the package “Name” or “Quick View” to find the complete list of programs available within that package. Packages provide a unique

opportunity to try several programs for one low fee.

ONLINE ENGAGE FITNESS PACKAGE

Register for as many of the online fitness classes as you wish for one low fee.

Fee: \$15.

CARDIO WORKOUT

Mondays and Wednesdays, 9–9:45 a.m.

Aerobics focusing on low-impact movement and upper body strength, abdominal conditioning, and stretching.

CIRCUIT WORKOUT

Tuesdays and Thursdays, 9–9:45 a.m.

Increase cardiovascular and muscular endurance with a seated or standing workout.

YOGA: HATHA RETURNS!

Tuesdays and Thursdays, 11 a.m.–12:15 p.m.

The most widely practiced form of yoga in America. Uses postures with the goal of bringing about a sound, healthy body, and a clear, peaceful mind.

ONLINE PERSONAL TRAINING: SINGLE SESSION OR SERIES

Virtual session(s) with you and your online personal trainer, delivered to you online. One

of our qualified personal trainers will prepare a workout program for you based on what you want to achieve. To schedule your consultation, contact Steph, Zac, or Aaron at 740-363-6677, ext. 169 or email slewis@MySourcePoint.org, zjewett@MySourcePoint.org, or aselmek@MySourcePoint.org.

Fee: \$30 for 45-minute session; \$100 for four 45-min. sessions.

Sports & Recreation

GOLDEN MARATHON

OUTDOOR HIKING

Mondays, 9:30–11 a.m.

We hike rain or shine! Meet there, bring water, and be prepared for the weather and terrain. Preservation Park COVID-19 precautions apply.

Aug. 30: Mount Gilead State Park, 4119 SR 95, Mt. Gilead.

Sept. 6: Emily Traphagen Park, 5094 Seldom Seen, Powell.

Sept. 13: Blues Creek Park, 9627 Fontanelle Road, Ostrander.

Sept. 20: Hogback Ridge Park, 2656 Hogback Road, Sunbury.

Sept. 27: Cedar Bog Nature Preserve, 980 Woodburn Road, Urbana.

Questions? Contact Bob at 740-815-3643 or robrenner2011@yahoo.com or Jonell at Jonell.Arthur@MySourcePoint.org or 740-203-2429.

GOLF: HIDDEN VALLEY LEAGUE

Fridays through Sept. 24, 9 a.m. tee time.

Polish your golf game in a noncompetitive environment, enjoy the fresh air, and make new friends. Weekly games played at Hidden Valley Golf Course. For more information, contact Jonell at 740-363-6677 ext. 154 or jonell.arthur@MySourcePoint.org.

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

GOLF: TRAVEL LEAGUE

Wednesdays through Oct. 13, 9 a.m. tee time.

This semi-competitive league travels to eight courses in the county. For more information, contact Jonell at 740-363-6677 ext. 154 or jonell.arthur@MySourcePoint.org.

Fee: \$10 one-time registration fee, plus green fees each week.

Water Exercise

POOL WALKING

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

Tuesdays or Thursdays, 8:15–9, 11:15–noon, or 4:15–5.

Fridays, 8:15–9, 11:15–noon, 12:15–1, or 3:15–4.

Saturdays, 8:15–9 or 9:15–10.

Self-led exercise. Resistance equipment available.

Fee: \$12 for a one-time

per week series. No fee for Renew Active/SilverSneakers/Silver&Fit.

SILVERSNEAKERS SPLASH

Mondays, Wednesdays, or Fridays, 1:15–2 p.m.

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

Fee: \$12 for a one-time per week series. No fee for Renew Active/SilverSneakers/Silver&Fit.

WATER AEROBICS

Mondays–Fridays, 9:15–10.

Mondays–Saturdays, 10:15–11.

Tuesdays or Thursdays, 12:15–1 p.m., 1:15–2 p.m., or 5:30–6:15 p.m.

Mondays, Wednesdays, or Fridays, 2:15–3 p.m.

Low impact exercises that target flexibility, strength, and cardio endurance. Adaptable to every fitness level.

Fee: \$12 for a one-time per week series.

WATER VOLLEYBALL

Mondays or Wednesdays, 5:30–7:15 p.m.

Tuesdays or Thursdays, 2:15–4.

45-minute periods for recreational play. Competitive and friendly—no spiking!

Fee: \$10 for a one-time per week series. No fee for Renew Active/SilverSneakers/Silver&Fit.