

Engage Fitness & Wellness

In-Person and Online Programs

December 2021



740-363-6677

MySourcePoint.org



Nov. 29, 2021–Jan. 1, 2022

Hours of operation:

Monday–Thursday, 8 a.m.–8 p.m.

Friday, 8 a.m.–5 p.m.

Saturday 8 a.m.–noon.

Closing at 2 p.m. Dec. 10; 4 p.m.

Dec. 23 and Dec. 30. Closed Dec.

24-25, Dec. 31, and Jan. 1.

Registration is required and begins

Nov. 22 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.

AN INTRO TO MINDFULNESS MEDITATION **NEW!**

Friday, Dec. 17, 2–3 p.m.

See Enhance Learning for details.

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. Fee is for unlimited use during the month and is prorated. 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.

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.

CYCLE & STRENGTH

**Mondays or Wednesdays,
5–5:45 p.m.**

An intense combo class that will push your body to the limit. It combines cardio with strength conditioning, moving quickly between the bike and

equipment on the ground.

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-min. session; \$100 for four 45-min. sessions.

PERSONAL TRAINING SERIES FOR TWO

Find a training partner and pair up for support and savings! Contact Steph, Zac, or Aaron. (See above.)

Fee: \$80 per participant for consultation and four 45-min. sessions with your partner.

**SILVERSNEAKERS CARDIO
Mondays or Wednesdays,
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.

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!

Second Tuesday, 10 a.m., at Mingo Park, 500 E. Lincoln St., Delaware.

Meet at the gym inside and take a step toward better health! Join Grace Clinic Delaware for this free, fun walking program. Learn about important health topics, have your questions answered by 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 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 class allows time to explore postures while cultivating strength, flexibility, balance, and calm.

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

YOGA: VINYASA

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

Move mindfully while building strength and balance. Enjoy slowing down and breathing. Open to all levels. Bring a mat.

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

ZUMBA®

Mondays, 9–9:45 a.m.

Fridays, 10–10:45 a.m.

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.

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

**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. 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 **NEW TIME!**

Mondays, 1:30–3 p.m.

Hike rain, snow, or shine, unless temperatures are below 10° or there is a level 2 or 3 snow emergency. Meet there, bring water, and be prepared for the weather and terrain. Park COVID-19 precautions apply.

Nov. 29: Shale Hollow Park, 6320 Artesian Run, Delaware, from 9:30–11 a.m.

Dec. 6: Delaware State Park, 5202 U.S. 23 N., Delaware.

Dec. 13: Hiking Day Trip, details to be announced*

Dec. 20: Hogback Ridge Park,

2656 Hogback Road, Sunbury.
Dec. 27: Gallant Woods Park, 6911 Buttermilk Hill Road, Delaware.

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

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

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.