

# Engage Fitness & Wellness

In-Person and Online Programs

May-June 2022



740-363-6677

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



**May 2–July 2, 2022**

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. May 27 and July 1,  
and at 2 p.m. June 10. Closed May  
28 and 30, and July 2.

**Registration is required** and begins April 25 at [MySourcePoint.org](http://MySourcePoint.org) or with customer service. All programs take place at 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@MySourcePoint.org](mailto:aleatherman@MySourcePoint.org) 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.

Find current visitor guidelines at [MySourcePoint.org/restart](http://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.*

## Special Event

**WELLNESS PROGRAMS MEMBER-FEEDBACK CONVERSATION**

**Monday, May 16, 1–2 p.m.**

We want to hear from you! If you have attended a wellness program in the past year, we want to know what you think! We will be hosting a group conversation to gather feedback about your experiences in SourcePoint programs. Please join us for snacks and conversation by registering for this group.

## 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.**

**Fridays, 9 a.m.–2 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**

**Second Friday of each month, 11 a.m.–2 p.m.**

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

Petting a dog is good for your health! Visit gentle canines Lucy on Friday and Rosie on Wednesday in the Gathering Room.

## Land Exercise

### WELLNESS CHALLENGE 2022

**May:** Jump rope challenge—as many jumps as you can achieve in 1 minute. **June:** Push-up challenge—as many push-ups as you can achieve in 1 minute. *See a Wellness Team Member for details.*

### FITNESS CENTER

**Open during center hours.**

*Fee: \$30. Fee is for unlimited use during May and June and is prorated. No fee for Renew Active/SilverSneakers/Silver&Fit.*

### AGING WELL: MIND-BODY-BALANCE

**Wednesdays, noon–12:45 p.m.**

Improve balance, coordination, and overall functionality. Perfect for anyone with a low to moderate fall risk or who wants to improve overall balance. Classes will consist of both strength and stretching using a variety of equipment. *Fee: \$24 for the series.*

### BALANCE AND STRETCH

**Tuesdays or Thursdays, noon–12:45 p.m.**

A combination of movements to improve balance and flexibility. Skills will be challenged by creating situations where you feel a bit unsteady while using support until balance improves. Dynamic and static stretches

will help improve balance, reduce stress, and increase flexibility.

*Fee: \$24 for a one-time per week series.*

### BOOT CAMP

**Monday–Friday, 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: \$24 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: \$24 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: \$24 for a one-time per week series.*

### MIND-TO-MUSCLE

**Thursdays, 1–1:45 p.m.**

This program uses a research-supported format designed to optimize function and help delay symptoms from arthritis, Parkinson's, and more. *Fee: \$24 for the 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 or Aaron at 740-363-6677, ext. 169 or [slewis@MySourcePoint.org](mailto:slewis@MySourcePoint.org) or [aselmek@MySourcePoint.org](mailto: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 or Aaron. *Fee: \$80 per participant for*

consultation and four 45-min. sessions with your partner.

### **SILVERSNEAKERS CARDIO**

**Mondays–Fridays, 9–9:45 a.m.**

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

*Fee: \$24 for a one-time per week series. No fee for Renew Active/SilverSneakers/Silver&Fit.*

### **SILVERSNEAKERS CIRCUIT**

**Tuesdays or Thursdays, 10–10:45 a.m.**

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

*Fee: \$24 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: \$24 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: \$24 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: \$24 for the series.*

### **STEP & TABATA**

**Mondays or Wednesdays, 1–1:45 p.m.**

Incorporates a combination of cardiovascular training on an adjustable platform, as well as muscle conditioning with the use of bands, tubes, weights, and balls.

*Fee: \$24 for a one-time per week series.*

### **TAI CHI**

**Tuesdays, 1–1:45 p.m.**

This class involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

*Fee: \$24 for the series.*

### **TAI CHI 'POINT AT THE PARK**

**Friday, June 24, 10–11 a.m.**

Mingo Park, 500 E. Lincoln Ave., Delaware.

### **WALK WITH A DOC**

#### **PARTNER EVENT!**

**Second and fourth Tuesdays, 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: \$24 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: \$24 for the 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: \$24 for a one-time per week series.*

## **ZUMBA®**

**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: \$24 for the series.*

## **Online Options**

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

## **ONLINE ENGAGE FITNESS PACKAGE**

Register for as many of the online fitness classes as you wish for one low fee. 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. *Fee: \$20.*

## **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, 10–10:45 a.m.**

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

## **PERSONAL TRAINING:**

### **SINGLE SESSION OR SERIES**

Virtual session(s) with you and your online trainer. To schedule your consultation, contact Steph or Aaron at 740-363-6677, ext. 169 or email slewis@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.**

Hike rain or shine. Meet there, bring water, and be prepared for the weather and terrain.

May 2: Sharon Woods Metro Park, 6911 Cleveland Ave., Westerville.

May 9: Inniswood Metro Park, 940 Hempstead Road, Westerville.

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

May 23: Liberty Park, 2507 Home Road, Powell, ‘Point at the Park.

May 30: Rocky Fork Metro Park, 7180 Walnut St., Westerville.

June 6: Shale Hollow Park, 6320 Artesian Run, Delaware.

June 13: Hogback Ridge Park, 2656 Hogback Road, Sunbury.

June 20: Char-Mar Ridge Park, 7741 Lewis Center Road, Westerville.

June 27: Hiking Field Trip TBA. Questions? Contact Bob at 740-815-3643 or robrenner2011@yahoo.com or Jonell at Jonell.Arthur@MySourcePoint.org or 740-203-2429.

## **GOLF: TRAVEL LEAGUE**

**Wednesdays through Oct. 12, start times vary per course.**

This semi-competitive league travels to six golf courses in Delaware County. Registration still open after start date. 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.*

## **GOLF: HIDDEN VALLEY LEAGUE *NEW!***

**Fridays, May 6–Sept. 23, start times between 8:30–9 a.m.**

Registration still open after start date. For more, contact Jonell at 740-363-6677, ext. 154 or jonell.arthur@

MySourcePoint.org.

*Fee: \$5 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 p.m.**

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

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

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

Self-led exercise. Resistance equipment available.

*Fee: \$24 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: \$24 for a one-time per week series. No fee for Renew Active/SilverSneakers/Silver&Fit.*

### **WATER AEROBICS**

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

**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: \$24 for a one-time per week series.*

### **WATER VOLLEYBALL**

**Tuesdays or Thursdays, 2:15–4 p.m.**

**Saturdays, 10–11:30 a.m.**

Both 1-hour and 45-minute periods for recreational play. Competitive and friendly—no spiking!

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