

Engage Fitness & Wellness

In-Person and Online Programs

Summer 2022



740-363-6677

MySourcePoint.org



July 4–Oct. 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.

Close at 4 p.m. Sept. 2, close at

5 p.m. Sept. 8, close at 2 p.m.

Sept. 16, closed July 4, Sept. 3 & 5.

Registration is required and begins June 20 at 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 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

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: FIRST-TIME VISIT *UPDATED!*

First and third Tuesdays of each month, 2–3 p.m., by appt.

Care is conducted by licensed nurses specialized in foot care for elder feet. If you have been seen for a foot care appointment at SourcePoint in the last 12 months, please schedule a Return Visit. You may schedule your appointment online or with customer service in person or by phone at 740-363-6677.

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

FOOT CARE CLINIC: RETURN VISIT *UPDATED!*

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

Care is conducted by licensed nurses specialized in foot care for elder feet. If you have not been seen for a foot care appointment at SourcePoint in the last 12 months, please schedule a First-Time Visit. You may schedule your appointment online, or with customer service in person or by phone at 740-363-6677.

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

First Monday of each month, 11:30 a.m.–1 p.m. *NEW!*

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 Blue on Monday, Lucy on Friday, and Rosie on Wednesday.

Land Exercise

WELLNESS CHALLENGE 2022 NEW!

July: Plank challenge; **August:** Step challenge; **September:** Squat challenge. See a *Wellness Team Member* for details.

FITNESS CENTER

Open during center hours.

Fee: \$45. Fee is for unlimited use during the third quarter 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 balance. Strength and stretching using a variety of equipment.
Fee: \$36 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 and flexibility and reduce stress.
Fee: \$36 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: \$36 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: \$36 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: \$36 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: \$36 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 balance to burn fat while building muscle. To schedule a consultation, contact Steph or Aaron at 740-363-6677, ext. 169 or slewis@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 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: \$36 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: \$36 for a one-time per week series. No fee for Renew Active/SilverSneakers/Silver&Fit.

SILVERSNEAKERS CLASSIC

**Mondays, Wednesdays, or
Fridays, 11–11:45 a.m.**

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: \$36 for a one-time per week series. No fee for Renew Active/SilverSneakers/Silver&Fit.

SILVERSNEAKERS YOGA: CHAIR

Mondays or Fridays, 10–

10:45 a.m. *NEW TIME!*

Move your whole body through a complete series of seated and standing yoga poses.

Fee: \$36 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: \$36 for the 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: \$36 for the series.

WALK WITH A DOC

PARTNER EVENT!

**Second and fourth Tuesdays,
10 a.m., at Mingo Park, 500 E.
Lincoln Ave., 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: \$36 for a one-time per week series.

YOGA: HATHA

**Tuesdays or 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. Bring a mat.

Fee: \$36 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: \$36 for the series.

YOGA: VINYASA

**Tuesdays or Thursdays, 3–4 p.m.
or Fridays, 11 a.m.–noon.**

Move mindfully while building strength and balance. Enjoy slowing down and breathing.

Open to all levels. Bring a mat.

Fee: \$36 for a one-time per week series.

YOGA: YIN *NEW!*

Fridays, 9:30–10:30 a.m.

Yin yoga is a slow-paced style of modern yoga with postures, or asanas, held for extended periods. For beginners, holds may range from 45 seconds to 2 minutes; more advanced practitioners may stay in one asana for 5 minutes or more.

Fee: \$36 for a one-time per week 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: \$30.

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 GOLF CONDITIONING *NEW!*

**Mondays, July 11–Aug. 15,
1–2 p.m.**

**Wednesdays, July 13–Aug. 17,
1–2 p.m.**

A one-hour group that focuses on muscular strength, stability and balance, postural control, and the development of power. Designed to increase club head speed through a powerful turn and improve hip mobility to

start hitting the ball straighter and farther. Another key area is core strength training for a balanced set-up and a more consistent, stabilized swing.
Fee: \$24 for a one-time per week series.

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.

July 4: No hike.

July 11: Delaware State Park, 5202 U.S. 23 N., Delaware.

July 18: Mount Gilead State Park, 4119 S.R. 95, Mt. Gilead .

July 25: Deer Haven Preserve, 4183 Liberty Road, Delaware.

Aug. 1: Highbanks Metro Park, 9466 Columbus Pike, Lewis Center.

Aug. 8: Glacier Ridge Metro Park, 7825 Hyland-Croy Road, Plain City.

Aug. 15: Hickory Woods Park, 1271 Pollock Road, Delaware.

Aug. 22: Gallant Woods Park, 6911 Buttermilk Hill Road, Delaware.

Aug. 29: Emily Traphagen Park, 5094 Seldom Seen Road, Powell.

Sept.5: Shale Hollow Park, 6320 Artesian Run, Lewis Center.

Sept. 12: Blues Creek Park, 9627 Fontanelle Road, Ostrander.

Sept. 19: Hogback Ridge Park,

2656 Hogback Road, Sunbury.
Sept. 26: Day Trip: Hiking at
Dawes Arboretum and Lunch;
see Trips for details.

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

GOLF: HIDDEN VALLEY LEAGUE

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

For more, contact Jonell at
740-363-6677 or jonell.
arthur@MySourcePoint.org.

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

PICKLEBALL CONDITIONING NEW!

**Mondays, Aug. 22–Sept. 26,
1–2 p.m.**

**Wednesdays, Aug. 24–
Sept. 28, 1–2 p.m.**

Endurance, flexibility, mobility,
and strength are four pickleball
must-haves. Endurance to
play for extended periods of
time, flexibility to stretch your
body to make a play, mobility
to move around the court,
and strength to hit the ball
with force. You will be guided
through exercises that will
target the specific muscles you
need to play pickleball and
you'll come back better than
ever for your next game.

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

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.

*Fee: \$36 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: \$36 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.**

**Mondays or Wednesdays,
5:30–6:15 p.m. *NEW TIME!***

**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: \$36 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!

*Fee: \$30 for a one-time
per week series. No fee for
Renew Active/SilverSneakers/
Silver&Fit.*