

Engage Fitness & Wellness

In-Person and Online Programs

Fall 2022



740-363-6677

MySourcePoint.org



Oct. 3–Dec. 31, 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. Nov. 23, Dec. 23,
and Dec. 30; close at 2 p.m. Dec. 9;
closed Oct. 7, Nov. 24–26, Dec. 24–
26, Dec. 31

Registration is required and begins Sept. 19 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 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

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

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

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

WITH SUPPORT FROM

2014–2024 Health & Wellness Partner



on Friday and Rosie on Wednesday.

Land Exercise

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.

DANCE EXPRESSION *NEW!*

Tuesdays 1–1:45 p.m.

Learn lyrical techniques that use dramatic motion to interpret music and express emotion, relaxing the mind and

elongating the muscles of the body.

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

INTRODUCTION TO VALEMEE FITNESS SYSTEM *NEW!*

Fridays 10–10:45 a.m.

The Valemee system was originally designed to meet the needs of those with disabilities; however, this inclusive system can be used with anyone who responds well to visual instruction. This is your chance to try self-led exercises to experience the positive outcomes of health and fitness. The Valemee system empowers each person to overcome barriers to success. It is a program committed to helping every individual achieve fitness and independence to reach their personal goals.

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 *NEW DAYS & TIMES!*

Mondays or Wednesdays, 11 a.m.–noon.

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 Aaron at 740-363-6677, ext. 169 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 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, Wednesdays, or Fridays, 10–10:45 a.m. DAY ADDED!

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 NEW TIME & DAY ADDED!

Tuesdays or Thursdays, 10:30–11:45 a.m.

This class involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.
Fee: \$36 for a one-time per week series.

WALK WITH A DOC PARTNER EVENT!

Second and fourth Tuesdays, 10 a.m., at Mingo Park, 500 E. Lincoln Ave., Delaware.

Join Grace Clinic Delaware for this free, fun walking program. Meet at the southeast shelter house by the playground and take a step toward better health! 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.
Wednesdays, 11 a.m.–noon.**

DAY CHANGE

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

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 Aaron at 740-363-6677, ext. 169 or email 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.

Oct. 3: Char-Mar Ridge Park, 7741 Lewis Center Road, Westerville.

Oct. 10: Sharon Woods Metro Park, 6911 Cleveland Ave., Westerville.

Oct. 17: Deer Haven Preserve, 4183 Liberty Road, Delaware.

Oct. 24: Blendon Woods Metro Park, 4265 Dublin Granville Road, Columbus.

Oct. 31: Rocky Fork Metro Park, 7180 Walnut St., Westerville.

Nov. 7: Gallant Woods Park, 6911 Buttermilk Hill Road, Delaware.

Nov. 14: Alum Creek State Park, Parking Lot at end Pugh Road, Lewis Center.

Nov. 21: Shale Hollow Park, 6320 Artesian Run, Delaware.

Nov. 28: Delaware State Park,
5202 U.S. 23 N., Delaware.

Dec. 5: Blues Creek Park,
9627 Fontanelle Road,
Ostrander.

Dec. 12: Hiking at Malabar
Farm State Park *DAY TRIP*
registration required!

Dec. 19: Highbanks Metro
Park, 9466 Columbus Pike,
Lewis Center.

Dec. 26: Hogback Ridge Park,
2656 Hogback Road, Sunbury.

Questions? Contact Bob at
robrenner2011@yahoo.com
or 740-815-3643 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 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.