

Engage Fitness & Wellness

In-Person and Online Programs

Winter 2023



740-363-6677

MySourcePoint.org



Jan. 2–April 1, 2023

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. Jan. 13; Close at

2 p.m. March 10; Closed Jan. 2,

Jan. 14, and Jan. 16.

Registration is required and begins Dec. 19 at MySourcePoint.org/EC 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.

Second and fourth Tuesdays of each month, 12:30–2 p.m.

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. Schedule your appointment online or with customer service in person or at 740-363-6677.

Fee: \$15, 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. Schedule your appointment online or with customer service in person or at 740-363-6677.

Fee: \$13, 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.

MEDITATION (see Enhanced Learning)

Mondays, Wednesdays, and Fridays, 8:30–9:05 a.m.

WITH SUPPORT FROM

2014-2024 Health & Wellness Partner



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.

Land Exercise

See Land Exercise Grid for a visual of when classes are held.

NEW!

FITNESS CENTER

Open during center hours.

Fee: \$45. Fee is for unlimited use during the quarter and is prorated. No fee for Renew Active/SilverSneakers/Silver&Fit.

AGING WELL: MIND-BODY-BALANCE

Wednesdays, noon–12:45 p.m.

A beginner level class to improve balance, coordination, and overall functionality. Perfect for anyone with 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 beginner level class 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 to foster balance, flexibility, and reduce stress.

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

BANDS & BELLS NEW!

Fridays 10–10:45 a.m.

Beginner-Advanced. Strengthen your muscles and improve bone density using a resistance band and barbells during this complete body workout. You'll be guided through exercises at your own pace in a supportive atmosphere. Beginners are encouraged to attend.

Fee: \$36 for the series.

BOOT CAMP FITNESS

Monday–Friday, 11–11:45 a.m.

Beginner-Advanced. Start with stretching and cardio, then a variety of exercises, to increase cardiovascular efficiency and increase strength, in a high-intensity interval format.

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

GUDIAN DANCE NEW!

(formerly Dance Expression)

Wednesdays, 1–1:45 p.m.

Beginner-Advanced. This innovative, lyrical, and traditional form of dance with a 3,000-year history will improve muscle strength and

flexibility, promote balance and coordination, and improve heart health. These soothing and dynamic movements will boost mood and metabolism.

Fee: \$36 for the series.

HIIT SQUAD NEW! (formerly Cycle & Strength)

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

Intermediate-Advanced. High Intensity Interval Training is a fun, challenging way to build strength, increase endurance, and torch fat. Using bodyweight, plyometrics, and weights, redefine your body and well-being, increase metabolism, and enhance mitochondrial function. Bring a towel, electrolytes to drink, and motivation to get fit fast.

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

PACE

Mondays or Wednesdays, 1–2 p.m. NEW TIME!

People with Arthritis Can Exercise. A low-impact program that focuses on functional ability, mobility, self-care, and confidence.

PEDAL PRIME (formerly Cycle 45 Ride) NEW!

Tuesdays or Thursdays, 10–10:45 a.m.

Beginner-Advanced. Cycling with high-intensity interval training (HIIT) has impressive

anti-aging results in seniors. It's prime time to increase cardiometabolic health, leg power, aerobic capacity, endurance, and reduce body fat in this self-paced class.

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

SILVERSNEAKERS CARDIO

Mondays–Fridays, 9–9:45 a.m.

A beginner level class to elevate your heart rate with aerobic interval training (progressive intensity). No equipment needed.

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

SILVERSNEAKERS CARDIO

ONLINE

Mondays and Wednesdays, 9–9:45 a.m. *NEW DAY/TIME!*

Participate from home in this beginner level class to elevate your heart rate with aerobic interval training. No equipment needed.

Fee: \$15 for a two-time per week series.

SILVERSNEAKERS CIRCUIT

Tuesdays or Thursdays, 10–10:45 a.m.

An intermediate-level class. Using dumbbells, a resistance band, and a soft ball, this heart-pumping strength class will shake up your exercise routine.

Fee: \$36 for a one-time

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

SILVERSNEAKERS CIRCUIT

ONLINE

Tuesdays and Thursdays, 10–10:45 a.m.

Participate from home in this intermediate-level class. Using dumbbells, a resistance band, and a soft ball, or your home substitutions, this heart-pumping strength class will shake up your exercise routine.

Fee: \$15 for a two-time per week series.

SILVERSNEAKERS CLASSIC

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

A beginner-friendly strength class. Using dumbbells, a resistance band, and a soft ball, this is an easy way to get back to exercise or recover from injury.

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

SILVERSNEAKERS YOGA

Mondays, Wednesdays, or Fridays, 10–10:45 a.m.

A beginner-level class. You will learn seated and standing poses to increase flexibility, balance, and range-of-motion.

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 beginner to intermediate class focuses on movements to improve strength and power in the ankles, knees, and hip joints, and trunk muscles to strengthen the spine to create body stability. Improve balance and reaction time. Chairs can be used.

Fee: \$36 for the series.

TAI CHI AND QIGONG

Tuesdays, 11 a.m.–12:15 p.m.

These two forms of mind-body exercise develop good posture, cultivate energy, reduce stress, and increase well-being, all through gentle movements that improve strength and balance.

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

WOMEN AND WEIGHTS

Mondays or Wednesdays, 10–10:45 a.m.

Beginner-Intermediate. To assist 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.

Beginner-Intermediate. 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. Please bring your yoga mat.

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

YOGA: MINDFUL MOVEMENT **Wednesdays, 9–9:45 a.m.**

A beginner level, slow-paced class affords 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.**

Beginner-Intermediate. Move mindfully while building strength and balance. Enjoy slowing down and breathing. Please bring your yoga mat.

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

YOGA: YIN

Fridays, 9:30–10:30 a.m.

Beginner-Advanced. A slow-paced style of modern yoga, where postures are held for extended periods, ranging from 45 seconds to 2 minutes for beginners, or up to 5 minutes for advanced.

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

Personal Training

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 your consultation, call Valarie Wright at 740-363-6677, ext. 169 or email vwright@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 Valarie.

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

PERSONAL TRAINING: SINGLE SESSION OR SERIES *ONLINE*

Virtual session(s) with you and your online personal trainer, delivered to you over the internet. A fully qualified personal trainer will prepare a workout program for you based on what you want to achieve, whether it is weight loss, strength building, or just getting fitter. To schedule your

consultation, contact Valarie.
Fee: \$30 for 45-min. session; \$100 for four 45-min. sessions.

Water Exercise

See Water Exercise Grid for a visual of when classes are held.

NEW!

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, 8:15–9 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.

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.

Sports & Recreation

GOLDEN MARATHON

OUTDOOR HIKING

**Mondays, 1:30–3 p.m. at
various parks.**

Hike rain, snow, or shine, unless temps 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.

Jan. 2: Emily Traphagen Park, 5094 Seldom Seen Road, Powell.

Jan. 9: Hickory Woods Park, 1271 Pollock Road, Delaware.

Jan. 16: Char-Mar Ridge Park,

7741 Lewis Center Road, Westerville.

Feb. 6: Blendon Woods Metro Park, 4265 Dublin Granville Road, Columbus.

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

Feb 20: Rocky Fork Metro Park, 7180 Walnut St., Westerville.

Feb. 27: Shale Hollow Park, 6320 Artesian Run, Delaware.

Mar. 6: Highbanks Metro Park, 9466 Columbus Pike, Lewis Center.

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

March 20: Delaware State Park, 5202 U.S. 23 N., Delaware.

March 27: Gallant Woods Park, 6911 Buttermilk Hill Road, Delaware.

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

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 gym inside 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.*

WINTER 100 CHALLENGE PARTNER EVENT

Jan. 1–March 31.

Preservation Parks and partnering organizations are hosting the Winter 100 Challenge again in 2023! Spending time outdoors and keeping active is vital for mental and physical wellness all year round, but especially during the winter months. Therefore, we are excited to offer the Winter 100 program, challenging people to walk 100 miles or 100 kilometers (62 miles), their preference. The challenge will take place between Jan. 1 and March 31. Registration soon available at preservationparks.com.

Land Exercises Winter Quarter 2023

	Monday		Tuesday			Wednesday		
8:30 AM	Meditation					Meditation		
9 a.m.	SilverSneakers Cardio*		SilverSneakers Cardio	Line Dancing Intro		SilverSneakers Cardio*	Yoga: Mindful Movement	
10 a.m.	SilverSneakers Yoga	Women and Weights	SilverSneakers Circuit*	Pedal Prime		SilverSneakers Yoga	Women and Weights	
11 a.m.	SilverSneakers Classic	Bootcamp Fitness	Yoga: Hatha	Bootcamp Fitness	Tai Chi and Qigong	SilverSneakers Classic	Bootcamp Fitness	Yoga: Vinyasa
noon				Balance and Stretch			Aging Well: Mind-Body Balance	
1 p.m.	PACE			Line Dancing (1-2:30)		PACE	Gudian Dance	
3 p.m.	Table Tennis (2-4:30 p.m.)		Yoga: Vinyasa			Table Tennis (2-4:30 p.m.)		
5 p.m.	Pedal and Pump					Pedal and Pump		

	Thursday		Friday		
8:30 AM			Meditation		
9 a.m.	SilverSneakers Cardio	Line Dancing Intro	SilverSneakers Cardio	Yoga: Yin	
10 a.m.	SilverSneakers Circuit*		Pedal Prime		
11 a.m.	Yoga: Hatha	Bootcamp Fitness	SilverSneakers Classic	Bootcamp Fitness	
noon			Balance and Stretch		
1 p.m.		Line Dancing (1-2:30)	Stability		
3 p.m.	Yoga: Vinyasa				

Water Exercises Winter Quarter 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8 a.m.						
	Pool Walking	Pool Walking	Pool Walking	Pool Walking	Pool Walking	Pool Walking
9 a.m.						
	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics	Pool Walking
10 a.m.						
	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics	Water Volleyball
11 a.m.						
	Pool Walking	Pool Walking	Pool Walking	Pool Walking	Pool Walking	
noon						
	Pool Walking	Water Aerobics	Pool Walking	Water Aerobics	Pool Walking	
1 p.m.						
	SilverSneakers Splash	Water Aerobics	SilverSneakers Splash	Water Aerobics	SilverSneakers Splash	
2 p.m.						
	Water Aerobics	Water Volleyball	Water Aerobics	Water Volleyball	Water Aerobics	
3 p.m.						
	Pool Walking		Pool Walking		Pool Walking	
4 p.m.						
	Pool Walking	Pool Walking	Pool Walking	Pool Walking		
5 p.m.						
	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics		
6 p.m.						