

Engage Fitness & Wellness

In-Person and Online Programs

Spring 2023



740-363-6677

MySourcePoint.org



April 3–July 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. May 26; Close at 2 June 9; Closed May 27 and 29.

Registration is required and begins March 20 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.

We have your fitness solution! Group fitness, personal training, go it alone—we have it all. If you're looking for strength and conditioning, mobility and balance, or mind-body connection, our professional, motivated, and enthusiastic instructors and trainers are here to help you achieve your active aging goals!

Special Event

OHIOHEALTH COLORECTAL CANCER SCREENING AWARENESS

Friday, April 21, 10 a.m.–1 p.m.

Tour the giant, walk-through, inflatable replica of a human colon, which illustrates the development of colorectal cancer, along with information on colorectal cancer screenings and preventions. View 3D examples of healthy tissue vs. growths, speak with specialized staff, and schedule a screening at a later date.

Holistic Therapy

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. 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 Swedish, deep-tissue, and cupping techniques. Call or text 740-602-3214 to schedule your appointment.

Fee: \$30 for 30-min., or \$60 for 60-min., or \$90 for 90-min.

THERAPY DOG INTERNATIONAL

Second Friday of each month, 11 a.m.–1 p.m.

A volunteer group of qualified handlers and therapy dogs for visitations to provide comfort and companionship, increase

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emotional well-being, and promote healing. Come pet Lucy and her sister Dani. They will be happy to see you!

Land Exercise

Instructors coach proper technique and form to help you reach your goals, prevent injuries, target the right muscles, and promote better breathing. See Land Exercise Grid for a visual of when classes are held.

FITNESS CENTER

Open during center hours.

Offers the use of resistance training machines, strength training equipment, free weights, cardiovascular machines, and accessories.

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 with Kathy, noon–12:45 p.m.

A beginner class for active individuals seeking to age with grace and live their life to the fullest. Classes incorporate several fitness disciplines for a safe cross-training experience. Mat/floor work included.

Fee: \$36 for the series.

BALANCE AND STRETCH

Tuesdays or Thursdays with Holly, Mimi, or AnaJaye', noon–12:45 p.m.

A beginner level class to improve balance and flexibility. Learn dynamic and static stretches to promote balance while using support (chair provided).

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

BANDS & BELLS

Fridays with Meg or Valarie, 10–10:45 a.m.

Beginner-advanced. Strengthen your muscles and improve bone density using a resistance band and dumbbells 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.

BOOTCAMP FITNESS

Mondays, Wednesdays, or Fridays with AnaJaye' or Mimi, 11–11:45 a.m.

Beginner-advanced. A varied, challenging, and fun mix of aerobic, resistance training, and fast-paced exercises. Bootcamp workouts improve cardiovascular efficiency and increase strength in a high-intensity interval format.

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

HIIT SQUAD

Mondays or Wednesdays with Valarie, 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.

People with Arthritis Can Exercise. A low-impact program that focuses on functional ability, mobility, self-care, and confidence. (Self-led with video; chair provided.)

PEDAL & PUMP *NEW NAME*

Tuesdays or Thursdays with Valarie, 10–10:45 a.m.

Beginner-advanced. Spin class combined with resistance training promotes cardiovascular health, builds strength, and improves endurance. Cycling plus lifting weights targets the total body for a low-impact, fat-burning, core-supporting, heart-healthy routine.

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

**SILVERSNEAKERS CARDIO/
BOOM MOVE *NEW NAME***

**Mondays–Fridays with
AnaJaye' or Mimi, 9–9:45 a.m.**

Beginner-advanced. Same class! New name! A gradual to high intensity, low-impact cardiovascular endurance class to get your boom on!

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

CARDIO/BOOM MOVE *ONLINE*

**Mondays and Wednesdays,
9–9:45 a.m.**

A gradual to high intensity, low-impact cardio endurance class to get your boom on!

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

SILVERSNEAKERS CIRCUIT

**Tuesdays or Thursdays with
Mimi or AnaJaye', 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.

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 with Kathy, 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 with Kathy, 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 with Holly, 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.

VALEMEE INTRODUCTION

NEW!

**Mondays, April 3–May 1 with
Peggy, 1–1:45 p.m.**

Beginners. Valemee empowers those with neurological, physical, and developmental challenges, and those who support them. An inclusive and empowering visual fitness program to promote self-efficacy, independence, and confidence to those with and without disabilities.

Free 5-week trial class.

WOMEN AND WEIGHTS

**Mondays or Wednesdays with
Holly, 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.

WU TAI CHI

**Tuesdays with Mimi, 11 a.m.–
11:45 a.m.**

A powerful, graceful, and ancient movement art to develop and maintain strength and flexibility, balance and stamina, mindfulness and stress-reduction. Harvard University calls it “the perfect activity for the rest of your

life.” Wu-style tai chi’s soft and relaxing movements are easily adapted for anyone.

Fee: \$36 for the series.

YOGA: HATHA

Tuesdays or Thursdays with Polly, 11 a.m.–12:15 p.m.

Beginner-intermediate. The foundation of all yoga. This practice focuses on proper alignment, breathing, and sensing vital life force energy to bring about a sound, healthy body, and a clear, peaceful mind. Bring your yoga mat.

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

YOGA: GENTLE *NEW NAME*

Wednesdays with Laurel, 8:45–9:45 a.m.

A beginner level, slow-paced class affords time to explore postures while cultivating strength, flexibility, and balance. Mindfully move through life fully embodied, connected, and whole.

Fee: \$36 for the series.

YOGA: RESTORATIVE *NEW NAME*

Thursdays with Michelle, 3-4 p.m.

A beginner level practice to relax, restore, and rejuvenate the body and mind. Slow poses that focus on breathing, mellow movements, and long holds. Restorative is more about relaxation than building strength.

Fee: \$36 for the series.

YOGA: VINYASA

Tuesdays with Michelle, 3-4 p.m.

Wednesdays with Polly, 11 a.m.–noon.

Intermediate-advanced (Michelle’s class). Experienced beginners-intermediate (Polly’s.) A continuously flowing practice that links poses to breath. Strength, flexibility, focus, breath control, and a calm mind are hallmarks of Vinyasa. Familiarity with basic yoga poses is recommended.

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

YOGA: YIN

Fridays with Laurel, 8:45–9:45 a.m. *NEW TIME*

Beginner-advanced. A modern yoga style where postures are held for extended periods (45 seconds to 2 minutes for beginners, up to 5 minutes for advanced). This meditative practice creates space to align the body and mind by restoring the life force flow.

Fee: \$36 for the series.

ZUMBA *NEW!*

Thursdays with AnaJaye', 11–11:45 a.m.

Beginner-advanced. A dynamic total body workout—cardiovascular, muscle conditioning, balance, and coordination. A mix of easy-to-follow low- and high-intensity rhythms to boost energy and have fun! If you love to move

your body to the music, then Zumba is right for you.

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

Personal Training

PERSONAL TRAINING SINGLE SESSION OR SERIES

Not sure what exercises are right for you? Your body type, health, and personal self are unique. Following someone else’s workout routine does not take this into account. Exercises are not one-size-fits-all. You need a training plan created for your specific needs. Personal training helps you define and attain your goals. Personal training will educate, motivate, personalize, challenge, and help you improve, all in a safe environment. To start your fitness journey, pick-up a client assessment form at the fitness desk, fill it out, make an appointment for a physical assessment, then schedule your first personal training session to prioritize your unique health and fitness. Contact 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.*

Water Exercise

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

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 with Nicky, 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 with Mae, Holly, or Nicky, 9:15–10 a.m. or 10:15–11 a.m.

Mondays or Wednesdays with Sylvia, 5:30–6:15 p.m.

Tuesdays or Thursdays with Barb, Nicky, or Anajaye', 12:15–1 p.m., 1:15–2 p.m., or 5:30–6:15 p.m.

Mondays, Wednesdays, or Fridays with Nicky, 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.

Self-led play. Competitive and friendly—no spiking!

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

Sports & Recreation

GOLDEN MARATHON

OUTDOOR HIKING

Mondays with Bob, 9:30–11 a.m. at various parks.

Join hikers for fun, fitness, and friendship. Whether your goal is health, connecting with nature, or meeting new people, we are your go-to group. Rain or snow, sunshine or clouds—unless the temperature reaches below 10° or there is a level 2-3 snow emergency—we are meeting! Arrive at the date and location, bring your own water, and dress for the weather and terrain. See you on the trail!

April 3: Alum Creek State Park, 3538 S. Old State Road, Delaware.

April 10: Hickory Woods Park, 1271 Pollock Road, Delaware.

April 17: Glacier Ridge Metro Park, 7825 Hyland-Croy Road, Plain City.

April 24: Hiking at Shawnee State Park—*See Trips flyer.*

May 1: Sharon Woods Metro Park, 6911 Cleveland Ave., Westerville.

May 8: Inniswood Metro Park, 940 Hempstead Road, Westerville.

May 15: Deer Haven Preserve, 4183 Liberty Road, Delaware.

May 22: Highbanks Metro Park, 9466 Columbus Pike, Lewis Center.

May 29: Rocky Fork Metro Park, 7180 Walnut Street, Westerville. (*SourcePoint closed.*)

June 5: Shale Hollow Park, 6320 Artesian Run, Delaware.

June 12: Hiking at Cedar Bog Nature Preserve—*See Trips.*

June 19: Char-Mar Ridge Park, 7741 Lewis Center Road, Westerville.

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

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

GOLF: TRAVEL LEAGUE INFO MEET & GREET

Tuesday, April 4, 9–10 a.m.
Come meet fellow golfers and review the season's schedule. Please register.

GOLF: TRAVEL LEAGUE

Wednesdays, April 26–Oct. 11, start times vary per course

The SourcePoint Traveling Golf League is a fun, flexible, convenient, and semi-competitive way to connect with golfers of every ability, play at six different courses, and improve your game.

Registration still open after start date. For more information, contact Jay at jayarrington11@gmail.com.

Fee: \$10 one-time registration fee; plus green fees each week.

GOLF: TRAVEL LEAGUE AT CLOVER VALLEY

Wednesday, July 5, 8:30 a.m.–noon.

Green fees collected in advance for this location. Prerequisite: Register for Golf: Travel League. *Fee: \$43; non-refundable. Last day to register: June 19.*

GOLF: TRAVEL LEAGUE AT KINGS MILL

Wednesday, May 17, 8:30 a.m.–noon.

Green fees collected in advance for this location. Prerequisite: Register for Golf: Travel League. *Fee: \$30; non-refundable. Last day to register: May 8.*

GOLF: TRAVEL LEAGUE AT KINGS MILL

Wednesday, July 26, 8:30 a.m.–noon.

Green fees collected in advance

for this location. Prerequisite: Register for Golf: Travel League. *Fee: \$30; non-refundable. Last day to register: July 17.*

GOLF: HIDDEN VALLEY LEAGUE

Fridays, May 5–Sept. 22, start times between 8:30–9 a.m.

The SourcePoint Hidden Valley League meets at the beautiful executive, 9-hole course nestled in Delaware's hidden valley. A pond, mature trees, and sand traps make this course a challenge for beginners, as well as advanced golfers. Registration still open after start date.

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

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.*

Land Exercises Spring 2023

	Monday			Tuesday			Wednesday			Thursday			Friday		
	Dance	Indy	119	Dance	Indy	131	Dance	Indy	119	Dance	Indy	131	Dance	Indy	119
8:30															
9 a.m.		SSneakers Cardio/BOOM*		Line Dancing: Beginner	SSneakers Cardio/BOOM		Yoga: Gentle	SSneakers Cardio/BOOM*					Yoga: Yin	SSneakers Cardio/BOOM	
10 a.m.	Silver-Sneakers Yoga	Women and Weights		Line Dancing: Intermediate	Silver-Sneakers Circuit*	Pedal & Pump	Silver-Sneakers Yoga	Women and Weights		Line Dancing: Advanced	Silver-Sneakers Circuit*	Pedal & Pump	Silver-Sneakers Yoga	Bands & Bells	
11 a.m.		Silver-Sneakers Classic	Boot-camp Fitness	Yoga: Hatha	Wu Tia Chi		Yoga: Vinyasa	Silver-Sneakers Classic	Boot-camp Fitness	Yoga: Hatha	Zumba			Silver-Sneakers Classic	Boot-camp Fitness
noon					Balance and Stretch			Aging Well: Mind-Body			Balance and Stretch				
1 p.m.	PACE	Valemee 4/3 - 5/1					PACE							Stability	
2 p.m.															
3 p.m.				Yoga: Vinyasa						Yoga: Restorative					
4 p.m.															
5 p.m.								H.I.I.T Squad							Table Tennis (5-7:45)
6 p.m.				Line Dancing: Adv (6-7:30)											

*online option available

Water Exercises Spring 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.						Pool Walking
	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics	
10 a.m.						Water Volleyball
	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics	
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.						