

# Engage Fitness & Wellness

In-Person and Online Programs

Fall 2023



740-363-6677

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



**Oct. 2–Dec.30, 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. Nov. 22, Dec. 22, and Dec. 29; Close at 2 p.m. Oct. 6 and Nov. 17; Closed Nov. 23–25, Dec. 23 and 25, Dec. 30.*

**Registration is required** and begins Sept. 18 at [MySourcePoint.org/EC](http://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](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.

*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!*

## Holistic Therapy

**FOOT CARE CLINIC: RETURN VISIT (No new clients at this time.)**

**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 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.**

**Second and fourth 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.

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

## MEDITATION *HYBRID*

**Mondays, Wednesdays, Thursdays, Oct. 2–30, 8:30–9:05 a.m.**

**Mondays, Wednesdays, Thursdays, Nov. 1–30, 8:30–9:05 a.m.**

**Mondays, Wednesdays, Thursdays, Dec. 4–28, 8:30–9:05 a.m.**

Studies have shown meditation has numerous mental, physical, and emotional benefits, including lowering blood pressure, reducing stress, and increasing mental clarity and focus. 20-minute sessions will vary, including guided meditations, focusing on the breath, and intention setting. Bring your own tea or coffee and stay for conversation. Join Certified Meditation Teacher Carol Wallenfelsz in person or on Zoom. All Wednesday sessions will be on Zoom only.

*Fee: \$20 for each month, prorated.*

WITH SUPPORT FROM

2014–2024 Health & Wellness Partner



## **THERAPY DOG INTERNATIONAL**

**Second and third Fridays 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 emotional well-being, and promote healing. Come pet canine visitors Lucy, Dani, or Moona Delight. 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. If you do not attend class for 4 consecutive weeks, you are subject to removal from the class. 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, stationary bikes, cardiovascular machines, and accessories.

*Fee: \$50. Fee is for unlimited use during the quarter and is prorated. No fee for Renew Active/SilverSneakers/Silver&Fit.*

## **BALANCE AND STRETCH**

**Tuesdays or Thursdays with  
Holly or Mimi, 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: \$40 for a one-time per week series.*

## **BANDS & BELLS**

**Fridays with Valarie, 10–10:45.**

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: \$40 for the series.*

## **BARRE FITNESS**

**Thursdays with Lindsay, 11-  
11:45 a.m.**

Beginner-advanced. A total-body, muscle-endurance workout. Barre targets small movements using high repetitions with light weight that focuses on arms, legs, glutes, and core. Improve balance and build strength while developing agility using weights, resistance bands, and balls.

*Fee: \$40 for a one-time per week series.*

## **BODY SCULPTING *NEW***

**Monday, Wednesday or Friday  
with Dyan, noon–12:45 p.m.**

Body sculpting is a muscle-defining class that combines flexibility, cardiovascular conditioning, and core strength. You will use body weight, dumbbells, and resistance bands to firm and strengthen muscle while working on weight management and/or weight loss. This is a floor class: Members must be able to get up and down from the floor.

## **BOOTCAMP FITNESS**

**Mondays, Wednesdays, or  
Fridays with Michelle W.,  
Mimi, Holly, or Dyan, 11–11:45.**

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: \$40 for a one-time per week series.*

## **CHAIR DANCING *NEW***

**Wednesday with Michelle D.V.,  
1–1:45 p.m.**

Two left feet? Mobility issues? Poor balance? No problem. This fun and fantastic chair dance class will get your heart pumping and your toes tapping! It's a full-body workout to improve strength

and cardio endurance, balance and flexibility, coordination and boogie power!

*Fee: \$40 for a one-time per week series.*

### **HIIT SQUAD**

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

Beginner-intermediate-advanced. High Intensity Interval Training (HIIT) 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 get fit fast! Bring a towel, electrolytes to drink, and motivation.

*Fee: \$40 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**

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

Beginner-advanced. Social cycling at your own pace and intensity. Promotes physical and emotional well-being while getting you in shape. Cycling

is a whole-body exercise with mental health benefits. Boost bone density, improve cardiovascular health and endurance, strengthen the core and lower body, work on weight loss, and get happy, healthy, and smarter (per Harvard University and OSU)!  
*Fee: \$40 for a one-time per week series.*

### **SILVERSNEAKERS BOOM MOVE**

**Mondays–Fridays with Lindsay, Mimi, or Michelle W., 9–9:45.**

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

*Fee: \$40 for a one-time per week series. No fee for Renew Active/SilverSneakers/Silver&Fit.*

### **BOOM MOVE *ONLINE***

**Mondays and Wednesdays with Lindsay, Mimi, or Michelle W., 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, 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: \$40 for a one-time per week series. No fee for Renew Active/SilverSneakers/Silver&Fit.*

### **CIRCUIT *ONLINE***

**Tuesdays and Thursdays with Mimi, 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 Holly, Michelle D.V., or Mimi, 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: \$40 for a one-time per week series. No fee for Renew Active/SilverSneakers/Silver&Fit.*

### **SILVERSNEAKERS YOGA**

**Mondays, Wednesdays, or Fridays with Lindsay 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: \$40 for a one-time per week series. No fee for*

*Renew Active/SilverSneakers/  
Silver&Fit.*

## **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: \$40 for a one-time per week series.*

## **WU TAI CHI**

### **Tuesdays with Mimi, 11–11:45 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: \$40 for the series.*

## **YOGA: DYNAMIC FLOW *NEW***

### **Tuesdays with Laurel, 4:30–5:30 p.m.**

Intermediate-advanced. A lively yoga style that features fluid movement focusing on body awareness, flexibility, breathwork, and stamina. Dynamic Flow emphasizes the balance of body, mind, and spirit making way for health,

empowerment, and purpose. Sun Salutations, Warrior poses, and Tree pose are fundamental.

*Fee: \$40 for the series.*

## **YOGA: GENTLE**

### **Mondays with Laurel 11 a.m.–noon, or *NEW DAY & TIME* 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: \$40 for a one-time per week 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: \$40 for a one-time per week series.*

## **YOGA: RESTORATIVE**

### **Thursdays with Michelle W., 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: \$40 for the series.*

## **YOGA: VINYASA**

### **Tuesdays with Michelle W., 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: \$40 for a one-time per week series.*

## **YOGA: YIN**

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

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: \$40 for the 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 at 740-363-6677, ext. 169 or email [vwright@MySourcePoint.org](mailto:vwright@MySourcePoint.org). *Fee: \$35 for 45-min. session; \$140 for four 45-min. sessions.*

## Water Exercise

*Instructors will coach proper technique and form to help you reach your goals, prevent injuries, target the right muscles, and promote better breathing. If you do not attend class for 4 consecutive weeks, you are subject to removal*

*from the class. 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: \$40 for a one-time per week series. No fee for Renew Active/SilverSneakers/Silver&Fit.*

### SILVERSNEAKERS SPLASH

**Mondays, Wednesdays, or Fridays with Gary or Dyan, 1:15–2 p.m. (No class Oct. 6 or Nov. 17.)**  
Fun, shallow-water exercise to increase movement and intensity. Suitable for all levels.  
*Fee: \$40 for a one-time per week series. No fee for Renew Active/SilverSneakers/Silver&Fit.*

### WATER AEROBICS

**Mondays–Fridays with Mae, Holly, or Dyan, 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 or Dyan, 12:15–1 p.m. or 1:15–2 p.m.**  
**Mondays, Wednesdays, or**

**Fridays with Gary, 2:15–3 p.m.**  
Low-impact exercises that target flexibility, strength, and cardio endurance. Adaptable.  
*Fee: \$40 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: \$40 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—we are meeting! Arrive at the date and location, bring your own water, and dress for the weather and terrain.  
Oct. 2: Emily Traphagen Park, 5094 Seldom Seen Road, Powell.  
Oct. 9: Sharon Woods Metro Park, 6911 Cleveland Ave., Westerville.  
Oct. 16: Deer Haven Preserve, 4183 Liberty Road, Delaware.

Oct. 23: Blendon Woods Metro Park, 4265 Dublin Granville Road, Columbus.

Oct. 30: Rocky Fork Metro Park, 7180 Walnut Street, Westerville.

Nov. 6: Gallant Woods Park, 6911 Buttermilk Hill Road, Delaware.

Nov. 13: Alum Creek State Park, 3538 S. Old State Road, Delaware.

Nov.20: Shale Hollow Park, 6320 Artesian Run, Delaware.

Nov. 27: Delaware State Park, 5202 U.S. 23 N., Delaware.

Dec. 4: Blues Creek Park, 9627 Fontanelle Road, Ostrander.

Dec. 11: *Roscoe Village: Separate registration required. See Day Trips for details.*

Dec. 18: Highbanks Metro Park, 9466 Columbus Pike, Lewis Center.

Dec. 25: *Merry Christmas!*

Questions? Contact Bob at 740-815-3643 or [robrenner2011@yahoo.com](mailto:robrenner2011@yahoo.com).

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.*

## **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!

# Land Exercises

	Monday			Tuesday			Wednesday			Thursday			Friday		
	Dance	Indy	119	Dance	Indy	131	Dance	Indy	119	Dance	Indy	131	Dance	Indy	119
8:30	Meditation						Meditation	online							
9 a.m.		Silver-Sneakers BOOM*		Line Dancing: Beginner	Silver-Sneakers BOOM		Yoga: Gentle	Silver-Sneakers BOOM*					Yoga: Yin	Silver-Sneakers BOOM	
10 a.m.	Silver-Sneakers Yoga	Women and Weights		Line Dancing: Inter	Silver-Sneakers Circuit*	Pedal & Pump	Silver-Sneakers Yoga	Women and Weights					Silver-Sneakers Yoga	Bands & Bells	
11 a.m.	Yoga: Gentle	Silver-Sneakers Classic	Boot-camp Fitness	Yoga: Hatha	Wu Tai Chi		Yoga: Vinyasa	Silver-Sneakers Classic	Boot-camp Fitness					Silver-Sneakers Classic	Boot-camp Fitness
noon		Body Sculpting			Balance and Stretch			Body Sculpting						Body Sculpting	
1 p.m.	PACE						PACE	Chair Dancing							
2 p.m.															
3 p.m.		Table Tennis		Yoga: Vinyasa				Table Tennis							
4 p.m.															
5 p.m.		HIIT Squad		Yoga: Dynamic Flow				HIIT Squad							
6 p.m.	Line Dancing: Beginning			Line Dancing: Adv (6-7:30)									Social Partner Dance	Table Tennis (5-7:45)	

\*online section available

## Water Exercises

	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 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			
6 p.m.						