Engage Fitness & Wellness

In-Person and Online Programs

Winter 2024

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 (No new clients at this time.)
Thursdays, 10 a.m.–4 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, Jan 3–31, 8:30–9:05 a.m.
Mondays, Wednesdays, Thursdays, Feb 1–29, 8:30–9:05 a.m.
Mondays, Wednesdays, Thursdays, Mar 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. Join one month, two months, or for the quarter!
Fee: $20 per month or $60 for the quarter.

Registration is required
begins Dec. 18 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.

WITH SUPPORT FROM
OhioHealth
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.

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BALANCE AND STRETCH
Tuesdays or Thursdays with Holly or Mimi, noon–12:45 p.m.
Beginner-advanced. This class is a combination of movements to improve balance and flexibility. A wide range of dynamic and static exercises are necessary to gain and maintain strength, mobility and stability. (Chair provided.)
Fee: $40 for a one-time per week series.

BANDS & BELLS
Fridays with Valarie, 10–10:45
Thursday with Dyan, 11–11:45
NEW!
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 encouraged to attend!
Fee: $40 for the series.

BARRE FITNESS
Wednesdays with Janet, noon–12:45 p.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
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.
Fee: $40 for a one-time per week series.

BOOTCAMP FITNESS
Mondays, Wednesdays, or Fridays with Michelle W., Mimi, or Dyan, 11–11:45.
Fee: $40 for a one-time per week series.

CHAIR DANCING
Wednesday with Dyan, Holly, or 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.

BOOM MOVE

Mondays and Wednesdays with Austin, Mimi, or Michelle W., 9–9:45 a.m.

Beginner-intermediate to 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.

HIIT SQUAD

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

Beginner-intermediate to 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, self-led, 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 Austin or 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.

PILATES NEW!

Wednesdays with Janet, 11–11:45 a.m.

Beginner-advanced. Pilates mat work is designed to lengthen, align and sculpt. A great way to engage the bones and skeletal muscles, strengthen your core, and establish balance. Pilates is both gentle strength training for rehabilitation and vigorous enough to challenge Active Agers. This is a standing and floor class; members must be able to get up and down from the floor.

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

SILVERSNEAKERS BOOM MOVE

Mondays–Fridays with Austin, Mimi, or Michelle W., 9–9:45 a.m.

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

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

SILVERSNEAKERS CIRCUIT

Tuesdays or Thursdays with Mimi or Dyan, 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 or Dyan, 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 Austin, Janet, or Dyan, 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. This class is designed to improve overall strength and fitness. The goal is to help each member increase strength, improve posture and gain confidence.
Fee: $40 for a one-time per week series.

WU TAI CHI
Tuesdays with Mimi, 11–11:45 a.m.
Beginner-advanced. 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
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, 11 a.m.–noon or Wednesdays, 8:45–9:45 a.m., with Laurel.
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. Members must be able to get up and down from the floor.
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 lifeforce 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. or Wednesdays with Polly, 11 a.m.–noon.
Intermediate-advanced
YOGA: VINYASA
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. Yin Yoga is a slower practice where poses are held longer (2-3 minutes) working on the deep, dense connective tissues and joints of the body, facilitating release of physical tension and stagnant energy. A combination of yin yoga, breath awareness, and meditation, this class offers a gentle opening experience. 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 will educate, motivate, personalize, challenge, and help you improve, all in a safe environment. To start your fitness journey, visit the fitness desk where you will pick up a client assessment form to fill out and make an appointment for a physical assessment. Then you can register and schedule your first personal training to prioritize your unique health and fitness. Contact Valarie at 740-363-6677, ext. 169 or vwright@MySourcePoint.org. Fee: $40 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. (No 3:15 p.m. class Jan. 12.)

WATER PUMP NEW!
Tuesdays or Thursdays with Dyan, 1:15–2 p.m.
Wednesdays with Dyan, 9:15–10 a.m. and 10:15–11 a.m.
Intermediate-advanced. Take your aquatics class to a whole new level using water weights to increase your strength and balance, and intervals to pump up your heart rate, improve fitness, and increase metabolism. We add weights, noodles, and other water accessories to keep it fun—all while being kind to your joints and ligaments.

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, 1:30–3 p.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.

Jan. 8: Hickory Woods Park, 1271 Pollock Road, Delaware.
Jan. 15: Char-Mar Ridge Park, 7741 Lewis Center Road, Westerville.
Jan. 29: Deer Haven Preserve, 4183 Liberty Road, Delaware.
Feb. 5: Hogback Ridge Park, 2656 Hogback Road, Sunbury.
Feb. 12: Blues Creek Park, 9627 Fontanelle Road, Ostrander.
Feb. 19: Rocky Fork Metro Park, 7180 Walnut St., Westerville.
Feb. 26: Shale Hollow Park, 6320 Artesian Run, Delaware.
March 4: Highbanks Metro Park, 9466 Columbus Pike, Lewis Center.
March 11: Alum Creek State Park, 4020 Africa Road, end of Plumb Road, Lewis Center.
March 18: Delaware State Park, 5202 U.S. 23 N., Delaware.
March 25: Gallant Woods Park, 2151 Buttermilk Hill Road, Delaware.

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

10 a.m., at Mingo Park, 500 E. Lincoln Ave., Delaware.
Join Grace Clinic Delaware for this free, fun walking program and take a step toward better health! Meet at the southeast shelter house by the playground. We will walk indoors during the winter. 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,
## Land Exercises

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<tr>
<th>Time</th>
<th>Monday</th>
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<tr>
<td>8:30</td>
<td>Meditation</td>
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<td>Yoga: Yin</td>
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<tr>
<td>9 a.m.</td>
<td>Silver-Sneakers BOOM*</td>
<td>Line Dancing: Multi-Level</td>
<td>Yoga: Silver-Sneakers BOOM*</td>
<td>Yoga: Silver-Sneakers BOOM</td>
<td>Silver-Sneakers BOOM</td>
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<td>10 a.m.</td>
<td>Silver-Sneakers Yoga</td>
<td>Women and Weights</td>
<td>Silver-Sneakers Circuit*</td>
<td>Women and Weights</td>
<td>Silver-Sneakers Yoga</td>
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<td></td>
<td>Yoga: Gentle</td>
<td>Body Sculpting</td>
<td>Pedal &amp; Pump</td>
<td>Silver-Sneakers Yoga</td>
<td>Bands &amp; Bells</td>
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<td>11 a.m.</td>
<td>Yoga: Silver-Sneakers Classic</td>
<td>Yoga: Hatha</td>
<td>Yoga: Vinyasa</td>
<td>Yoga: Silver-Sneakers Classic</td>
<td>Silver-Sneakers Classic</td>
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<td>Yoga: Hatha</td>
<td>Balance and Stretch</td>
<td>Barre Fitness</td>
<td>Body Sculpting</td>
<td>Yoga: Hatha</td>
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<td>noon</td>
<td>Body Sculpting</td>
<td>Balance and Stretch</td>
<td>Barre Fitness</td>
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<td>Body Sculpting</td>
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<td>1 p.m.</td>
<td>PACE</td>
<td>PACE</td>
<td>Chair Dancing</td>
<td>Line Dancing: Advanced</td>
<td>PACE</td>
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<tr>
<td>2 p.m.</td>
<td>Table Tennis</td>
<td>Yoga: Vinyasa</td>
<td>Table Tennis</td>
<td>Yoga: Restorative</td>
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<tr>
<td>3 p.m.</td>
<td>Yoga: Dynamic Flow</td>
<td>Table Tennis</td>
<td>Yoga: Restorative</td>
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<td>4 p.m.</td>
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<td>Yoga: Dynamic Flow</td>
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<tr>
<td>5 p.m.</td>
<td>HIIT Squad</td>
<td>HIIT Squad</td>
<td>Social Partner Dance</td>
<td>Table Tennis (5-7:45)</td>
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<tr>
<td>6 p.m.</td>
<td>Line Dancing: Beginning</td>
<td>Line Dancing: Multi</td>
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*online option available*
## Water Exercises

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<th>Time</th>
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<tbody>
<tr>
<td>9 a.m.</td>
<td>Water Aerobics</td>
<td>Water Aerobics</td>
<td>Water Pump</td>
<td>Water Aerobics</td>
<td>Water Aerobics</td>
<td>Pool Walking</td>
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<td>10 a.m.</td>
<td>Water Aerobics</td>
<td>Water Aerobics</td>
<td>Water Pump</td>
<td>Water Aerobics</td>
<td>Water Aerobics</td>
<td>Water Volleyball</td>
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<tr>
<td>1 p.m.</td>
<td>SilverSneakers Splash</td>
<td>Water Pump</td>
<td>SilverSneakers Splash</td>
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<td>2 p.m.</td>
<td>Water Aerobics</td>
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<td>3 p.m.</td>
<td>Water Volleyball</td>
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