

Engage Fitness & Wellness

In-Person and Online Programs

Winter 2024



740-363-6677

MySourcePoint.org



Jan. 2–March 30, 2024

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. 12; Close at

2 p.m. March 8; Closed Jan. 1,

Jan. 13 and 15.

Registration is required and 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.

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.

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.**

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.**

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

**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.

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, 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.

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 Austin, 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 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 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. or 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. 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 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, 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.)

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 March 8.)

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, Tuesdays, Thursdays, or Fridays with Mae or Holly, 9:15–10 a.m. or 10:15–11 a.m.

Tuesdays or Thursdays with Barb, 12:15–1 p.m.

Mondays, Wednesdays, or Fridays with Gary, 2:15–3 p.m.

Mondays, Tuesdays, Wednesday, or Thursdays with Sylvia or Kim, 5:30–6:15 p.m.

Low-impact exercises that target flexibility, strength, and cardio endurance. Adaptable. *Fee: \$40 for a one-time per week series.*

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. 22: Perfect Creek Park, 13615 N. Old 3C Hwy., Sunbury.

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.

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 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.*

Land Exercises

	Monday			Tuesday			Wednesday			Thursday			Friday		
	Dance	Indy	119 120 131	Dance	Indy	119 120 131	Dance	Indy	119 120 131	Dance	Indy	119 120 131	Dance	Indy	119 120 131
8:30	Meditation						Meditation	online		Meditation					
9 a.m.		Silver-Sneakers BOOM*		Line Dancing: Multi-Level	Silver-Sneakers BOOM		Yoga: Gentle	Silver-Sneakers BOOM*			Silver-Sneakers BOOM		Yoga: Yin	Silver-Sneakers BOOM	
10 a.m.	Silver-Sneakers Yoga	Women and Weights			Silver-Sneakers Circuit*	Pedal & Pump	Silver-Sneakers Yoga	Women and Weights			Silver-Sneakers Circuit*	Pedal & Pump	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	Bootcamp 119 Pilates 131	Yoga: Hatha	Bands & Bells			Silver-Sneakers Classic	Boot-camp Fitness
noon			Body Sculpting		Balance and Stretch			Barre Fitness	Body Sculpting		Balance and Stretch				Body Sculpting
1 p.m.	PACE						PACE		Chair Dancing	Line Dancing: Advanced					
2 p.m.		Table Tennis						Table Tennis							
3 p.m.				Yoga: Vinyasa						Yoga: Restorative					
4 p.m.															
5 p.m.		HIIT Squad		Yoga: Dynamic Flow				HIIT Squad			Table Tennis (5-7:45)				
6 p.m.	Line Dancing: Beginning			Line Dancing: Multi											

*online option 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 Pump	Water Aerobics	Water Aerobics	Pool Walking
10 a.m.						
	Water Aerobics	Water Aerobics	Water Pump	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 Pump	SilverSneakers Splash	Water Pump	SilverSneakers Splash	
2 p.m.						
	Water Aerobics		Water Aerobics		Water Aerobics	
3 p.m.		Water Volleyball		Water Volleyball		
	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.						