

Engage Fitness & Wellness

In-Person and Online Programs

Spring 2024



740-363-6677

MySourcePoint.org



April 1–June 29, 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. May 24; Close at 2 p.m. April 8 and May 10; Closed May 25 and 27.

Registration is required and begins March 18 at MySourcePoint.org.

[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 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! **Consult your physician before beginning any exercise program.***

Special Event

HEALTH & WELLNESS EXPO *NOW OFF-SITE*

Wednesday, June 5, 10 a.m.–1 p.m. at Delaware County Fairgrounds, Agricultural Center, 236 Pennsylvania Ave., Delaware.

Join SourcePoint, sponsor Oasis Senior Advisors, and local partners like the Delaware Public Health District for a variety of free health screenings and wellness resources. More details on screenings will be available in May at MySourcePoint.org/events. Admission is free and registration is not required.

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.

MEDITATION *HYBRID*

Mondays, Wednesdays*, Thursdays, April 1–29, 8:30–9:05 a.m.

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

Mondays, Wednesdays*, Thursdays, June 3–27, 8:30–9:05 a.m.

****All Wednesday sessions will be on Zoom only.***

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

WITH SUPPORT FROM

2014–2024 Health & Wellness Partner



stay for conversation. Join Certified Meditation Teacher Carol Wallenfelsz in person or on Zoom.

Fee: \$20 per month.

**MEDITATIVE ART: EARTH DAY
YOGA AND JOURNAL *NEW!*
Thursday, April 18, 9 a.m.–
noon at **Shale Hollow Park:**
**6320 Artisan Run, Lewis
Center.****

Earth Day, first held on April 22, 1970, is an annual celebration created to demonstrate support for environmental protection. In the yoga tradition, it is believed that our human form, everything from our skin and bones, muscles and tissues, is a construct of the element earth. Join instructor Laurel McCullough in a yoga practice to pay homage to our earth with gentle grounding and opening poses and an earthy dwelling flow. Art Instructor and Certified Meditation Teacher Carol Wallenfelsz will lead a guided meditation including meditative time in the woods followed by making your own Earth Day nature mandala. Feel free to bring a sack lunch to enjoy with others following the program.

Fee: \$20.

**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. Included in your Fitness Center registration is a Walk, Run, Thrive training plan, and a Golf Fitness sheet. Pick up your copies in the center. *Fee: \$50. Fee is for unlimited use during the quarter and is prorated. No fee for Renew Active/SilverSneakers/Silver&Fit.*

BANDS & BELLS

Mondays or Wednesdays with Austin, or Fridays with Valarie, 10–10:45 a.m. *NEW DAYS*

Beginner–advanced. National Institute on Aging researchers have studied the effects of strength training for more than 40 years and have identified multiple ways it can benefit older adults, including maintaining muscle mass, improving mobility, and increasing the healthy years of life. Bands & Bells is specifically designed to strengthen muscle and improve bone density using dumbbells and a resistance band in a complete body workout. You'll be coached through exercises at your own pace in a supportive atmosphere. Beginners are encouraged to attend. *Fee: \$40 for the series.*

BALANCE BOOST *NEW!*

**Tuesdays with Dyan,
noon–12:45 p.m.
Thursdays with Dyan,
11–11:45 a.m.**

Beginner–advanced. The National Institute of Health recommends strength training to prevent falls in older adults. You need balance for everything from walking to getting out of a chair to tying your shoes. This prevention-focused class will boost your balance by building strong muscles in your arms, core and

legs. Beginners are encouraged to attend.

Fee: \$40 for a one-time per week 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 with Michelle W., Wednesdays or Fridays with

Crystall, 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 (HIIT).

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

CHAIR DANCING

Wednesdays with Dyan, 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.

FITNESS TRANSFORMATION

NEW!

Mondays with Jennifer, 12–12:45 p.m.

Beginner–advanced. Muscle mass and bone density are the currency of health and longevity. We cannot 'stop the clock' but the Center for Disease Control says we can slow biological aging to retain an active lifestyle.

Fitness Transformation is about becoming aware of,

working on, and implementing resistance training to counter age-related loss of function.

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

HIIT SQUAD

Mondays or Wednesdays with Michelle W., 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. Harvard School of Public Health considers HIIT an effective exercise option for older adults to improve cardiovascular fitness, regulate body composition, increase endurance, and promote strength. You will use bodyweight, plyometrics, and weights to 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

We have decided to change the PACE class to a SELF-Care Chair class, from a self-led format to an instructor-led one. We hope you consider registering for this evidence-based program. Please see SELF-Care Chair.

PEDAL & PUMP

Tuesdays or Thursdays with

Austin, 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**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.

SELF-CARE CHAIR *NEW!*

**Mondays with Jennifer or
 Fridays with Dyan, 1–1:45 p.m.
 Wednesdays with Crystall,
 12:15–1 p.m.**

Beginners and/or those who use walking aids. Strength, Energy, Low-impact, Functional is SELF-Care Chair. Fitness is not optional. Exercise is necessary for quality of life. While sitting you can do safe stretching and strength training, improve functional mobility, increase aerobic capacity, and boost overall health. If you have joint discomfort or uncertainty when walking, SELF-Care Chair will improve your fitness confidence.
Fee: \$40 for a one-time per week series.

**SILVERSNEAKERS BOOM MOVE
 Mondays–Fridays with Austin
 or Mimi, 9–9:45 a.m.**

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 that incorporates athletic exercises to boost overall fitness.
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. Use dumbbells, a resistance band, and a soft ball to improve and increase your cardiovascular and muscular endurance with this standing circuit class.
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 or Fridays with
 Dyan, Wednesdays with 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 or Fridays with Dyan, Wednesdays with Janet, 10–10:45 a.m.

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

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

STRENGTH AND MOBILITY

NEW!

Thursdays with Crystall, 2–2:45 p.m.

Beginner–advanced. Low impact and low intensity workouts programmed to create or maintain a strong, balanced and energized body. Learn to move with efficiency, to lessen aches and pains, and trust the body's natural abilities. Focus on a combination of stability and strength to move with ease and confidence in daily living.

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. Members must be able to get up and down from the floor.
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. Members must be able to get up and down from the floor.

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 class.) 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. Members must be able to get up and down from the floor. *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. Members must be able to get up and down from the floor. *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 *NEW TIMES*

Mondays or Wednesdays, 8:15–9 a.m., 11:15–noon, 12:15–1 p.m., 3:15–4 p.m., or 4:15–5 p.m.

Tuesdays, 8:15–9 a.m., 9:15–10 a.m., 11:15–noon, or 4:15–5 p.m.
Thursdays, 8:15–9 a.m., 11:15–noon, or 4:15–5 p.m.
Fridays, 8:15–9 a.m., 11:15–noon, 12:15–1 p.m., or 3:15–4.

Saturdays, 8:15–9 a.m. 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, 1:15–2 p.m. (No class April 8 or May 10.)

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.*

SPLASHDANCE *NEW!*

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

Beginner–advanced. Swing your hips, shake your shoulders, and spice up your water fitness with this energetic and fun dance/fitness fusion. No dance experience required in this judgment-free zone. We will use aquabells, water weights, noodles, and splash as we dance! *Fee: \$40 for a one-time per week series.*

WATER AEROBICS *NEW TIMES*

Mondays with Mae, 9:15–10 a.m. or 10:15–11 a.m.; Gary, 2:15–3 p.m.; or Sylvia, 5:30–6:15 p.m.
Tuesdays with Barb, 12:15–1.

Wednesdays with Gary, 2:15–3. Thursdays with Kim, 9:15–10 a.m. or 10:15–11 a.m.; Barb, 12:15–1 p.m.; or Sylvia, 5:30–6:15 p.m.

Fridays with Mae, 9:15–10 a.m. or 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 AEROBICS

INTERMEDIATE *NEW!*

Tuesdays and Wednesdays with Kim, 5:30–6:15 p.m.

Intermediate-advanced. Take the plunge and try this low-impact workout that builds muscle strength and boosts endurance. This fun and faster paced class will give your body and mind a fitness and wellbeing boost. If you're ready to take water aerobics to the next level, then this class is for you. Using water weights, noodles and splash boards you can be easy on the joints while improving muscle strength and endurance.

WATER PUMP

Tuesdays or Thursdays with Dyan, 1:15–2 p.m.

Wednesdays with Dyan, 9:15–10 a.m. or 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. Water Volleyball is fun fitness, friendly competition, improved cardiovascular endurance, easy on the joints, increased agility, and fellowship. Laugh and get in shape at the same time.

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—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.

April 1: Liberty Park, 2507 Home Road, Delaware.

April 8: Hickory Woods Park, 1271 Pollock Road, Delaware.

April 15: Glacier Ridge Metro Park, 7825 Hyland-Croy Road, Plain City.

April 22: Emily Traphagen Park, 5094 Seldom Seen Road, Powell.

April 29: Highbanks Metro Park, 9466 Columbus Pike, Lewis Center.

May 6: Inniswood Metro Park, 940 Hempstead Road, Westerville.

May 13: Deer Haven Preserve, 4183 Liberty Road, Delaware.

May 20: Dawes Arboretum, *DAY TRIP, separate registration required.*

May 27: Blendon Woods Metro Park, 4265 Dublin Granville Road, Columbus.

June 3: Shale Hollow Park, 6320 Artesian Run, Delaware.

June 10: Sharon Woods Metro Park, 6911 Cleveland Ave., Westerville.

June 17: Char-Mar Ridge Park, 7741 Lewis Center Road, Westerville.

June 24: Hogback Ridge Park, 2656 Hogback Road, Sunbury.

For hiking information, contact Bob Brenner, Volunteer Leader, at 740-815-3643 or robrenner2011@yahoo.com.

**GOLF: TRAVEL LEAGUE
INFORMATIONAL MEET &
GREET *RETURNS***

Wednesday, April 3, 9–10 a.m.

Join us in the Radebaugh Room at SourcePoint to meet fellow golfers and review this season's schedule. Please register.

**GOLF: TRAVEL LEAGUE
*RETURNS***

Wednesdays, April 24 through Oct. 9, 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 several different courses, and improve your game. Registration remains open after the start date. Register online, over the phone, or in-person to join your friends, make new ones, improve your health, and have a great time! There are two ways to play: Regular or Substitute (see below). When you register, choose which level of participation works for you.

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

Travel Golf League Regular

All levels of players are welcome. Teams are set up and play is based on enrollment.

Travel Golf League Substitute

Can't commit to being a regular but want to join in

for some friendly rounds?
Register as a substitute.

**GOLF: HIDDEN VALLEY LEAGUE
*RETURNS***

Fridays, May 3 through Sept. 20, except July 5, start times are between 8:30–9:20 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 remains open after the start date. Register online, over the phone, or in person to join your friends, make new ones, improve your health, and have a great time!

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

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	Bands & Bells			Silver-Sneakers Circuit*	Pedal & Pump	Silver-Sneakers Yoga	Bands & Bells			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	Boot-camp or Pilates		Balance Boost			Silver-Sneakers Classic	Boot-camp Fitness
noon		Fitness Transform	Body Sculpting		Balance Boost		SELF-Care Chair	Barre Fitness	Body Sculpting						Body Sculpting
1 p.m.	SELF-Care Chair								Chair Dance		Line Dancing		SELF-Care Chair		
2 p.m.		Table Tennis						Table Tennis			Strength & Mobility				
3 p.m.				Yoga: Vinyasa						Yoga: Restorative					
4 p.m.				Yoga: Dynamic Flow											
5 p.m.		HIIT Squad						HIIT Squad		Social Partner Dance	Table Tennis (5-7:45)				
6 p.m.	Line Dancing: Beginning			Line Dancing: Multi (6-7:30)											

*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.						Pool Walking
	Water Aerobics	Pool Walking	Water Pump	Water Aerobics	Water Aerobics	
10 a.m.						Water Volleyball
	Water Aerobics	Splash Dance	Water Pump	Water Aerobics	Splash Dance	
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 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 Intermediate	Water Aerobics Intermediate	Water Aerobics		
6 p.m.						