

Engage Fitness & Wellness

In-Person and Online Programs

Fall 2024



740-363-6677

MySourcePoint.org



Sept. 30, 2024–Jan. 4, 2025

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. 27, Dec. 31;

Close at 2 p.m. Dec. 6 and 24;

Closed Oct. 11, Nov. 28–30,

Dec. 25, Jan. 1.

Registration is required and begins Sept. 16 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! **Consult your physician before beginning any exercise program.***

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, Oct. 7–31, 8:30–9:05 a.m.

Mondays, Wednesdays*, Thursdays, Nov. 4–27, 8:30–9:05 a.m.

Mondays, Wednesdays*, Thursdays, Dec. 2–30, 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 stay for conversation. Join Certified Meditation Teacher Carol Wallenfelsz in person or on Zoom.

Fee: \$20 per month.

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!

WITH SUPPORT FROM

2014–2024 Health & Wellness Partner



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.*

BALANCE BOOST

Mondays with Dyan, 1–1:45 p.m. *NEW DAY*
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.

BANDS & BELLS

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

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.*

BELLY DANCE: MAJESTIC MOVES *NEW NAME*

Thursdays with Zahra, 9–9:45 a.m.

Beginner–advanced. Unleash your inner artist with this

captivating and expressive dance style. Celebrate your body, improve flexibility, balance and coordination with this low impact, joint-friendly class. It's not about complex moves, but strength, elegance and shimmy in a fun, supportive environment. Come barefoot or wear soft dance shoes or socks. Wear a scarf or shawl around your hips for flair (optional)!

Fee: \$40 for the series.

BODY SCULPTING

Mondays, Wednesdays, or Fridays 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

Tuesdays or Thursdays with Michelle W., 2–2:45 p.m.

Beginner–advanced. A varied, challenging and fun mix of aerobics, resistance training and energetic exploration.

Learn to move with efficiency, to lessen aches and pains, and trust the body's natural abilities. Bootcamp focuses 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.

CARDIO DANCE *NEW!*

Mondays with Judy H., 3–3:45 p.m. (No class Nov. 4 or 11.)

Beginner-advanced. Improve cardiovascular health, coordination, balance, and memory as we learn easy dances by combining repetitive movement patterns. A variety of musical genres will be enjoyed! This will be a fun and non-intimidating environment appropriate for all fitness levels.

Fee: \$40 for the 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

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.

FLEX AND FLOW *NEW!*

Mondays with Judy H., 4-4:45 p.m. (No class Nov. 4 or 11.)

Beginner-advanced. Improve your flexibility and mobility with this full-body range-of-motion workout. We'll use a combination of seated and standing movements that will improve core strength, stability, balance, and flexibility. Mindful breathing and relaxation techniques will also be included. A fun and friendly class for all fitness levels.

Fee: \$40 for the 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, something to drink, and motivation.

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

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.

SELF-CARE CHAIR

**Mondays with Jennifer or
Fridays with Dyan, 1–1:45 p.m.
Wednesdays with Austin,
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 Michelle DV,
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,
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.

**TAI CHI: WU
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: 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 Laurel, 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

Pool closed for planned maintenance Sept. 30–Oct. 26.

Water Exercise programs begin the week of Oct. 28.

Fees adjusted for the quarter.

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

POOL WALKING

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. (No 3:15 p.m. class Nov. 27.)

Tuesdays, 8:15–9 a.m., 9:15–10 a.m., 11:15–noon, 12:15–1 p.m., 1:15–2 p.m., or 4:15–5 p.m. (No 1:15 p.m. class Dec. 24.)

Thursdays, 8:15–9 a.m., 11:15–noon, 12:15–1 p.m., 1:15–2 p.m., 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: \$28 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 Dec. 6.)

Fun, shallow-water exercise to increase movement and intensity. Suitable for all levels. *Fee: \$28 for a one-time*

per week series. No fee for Renew Active/SilverSneakers/Silver&Fit.

SPLASHDANCE

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: \$28 for a one-time per week series.

WATER AEROBICS

Mondays with Mae, 9:15–10 a.m. or 10:15–11 a.m.; Gary, 2:15–3 p.m.

Wednesdays with Gary, 2:15–3. 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: \$28 for a one-time per week series.*

WATER AEROBICS

INTERMEDIATE *NEW DAY*

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

Thursdays with Kim, 9:15–10 a.m. or 10:15–11 a.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.

Fee: \$28 for a one-time per week series.

WATER PUMP

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: \$28 for a one-time per week series.

WATER VOLLEYBALL

Tuesdays or Thursdays, 2:15–4 p.m. (No class Dec. 31.)

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: \$28 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.

Get moving with SourcePoint's Golden Marathon outdoor hikers! We hike and walk, rain or shine! Meet at locations listed, bring your own water, and be prepared for the weather and terrain (and remember to register!).

Sept. 30: Char-Mar Ridge Park, 7741 Lewis Center Road, Westerville.

Oct. 7: Emily Traphagen Park, 5094 Seldom Seen Road, Powell.

Oct. 14: McCammon Creek Park, 3467 Orange Road, Lewis Center.

Oct. 21: Hogback Ridge Park, 2656 Hogback Road, Sunbury.

Oct. 28: Hiking at Conkle's Hollow and Lunch, Day Trip, separate registration required.

Nov. 4: Gallant Woods Park, 6911 Buttermilk Hill Road, Delaware.

Nov. 11: Alum Creek State

Park, 3538 S. Old State Road, Delaware.

Nov. 18: Shale Hollow Park, 6320 Artesian Run, Delaware.

Nov. 25: Delaware State Park, 5202 U.S. 23 N., Delaware.

Dec. 2: Blues Creek Park, 9627 Fontanelle Road, Ostrander.

Dec. 9: Char-Mar Ridge Park, 7741 Lewis Center Road, Westerville.

Dec. 16: Highbanks Metro Park, 9466 Columbus Pike, Lewis Center.

Dec 18: Christmas at Kingwood and Dinner, Day Trip, separate registration required.

Dec. 23: Deer Haven Preserve, 4183 Liberty Road, Delaware.

Dec. 30: Sharon Woods Metro Park, 6911 Cleveland Ave., Westerville.

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

GOLF: TRAVEL LEAGUE

Wednesdays 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 FULL

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.

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 in Cheshire						Meditation in Cheshire								
9 a.m.		Silver-Sneakers BOOM*		Line Dancing: Multi-Level	Silver-Sneakers BOOM		Belly Dance	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	
11 a.m.	Yoga: Gentle	Silver-Sneakers Classic		Yoga: Hatha	Tai Chi: Wu		Yoga: Vinyasa	Silver-Sneakers Classic						Silver-Sneakers Classic	Boot-camp Fitness
noon		Fitness Transform	Body Sculpting				SELF-Care Chair			Body Sculpting					Body Sculpting
1 p.m.	SELF-Care Chair	Balance Boost								Chair Dance			SELF-Care Chair		
2 p.m.					Bootcamp							Bootcamp			
3 p.m.	Cadio Dance	Table Tennis		Yoga: Vinyasa				Table Tennis					Belly Dance		8 a.m.
4 p.m.	Flex and Flow												9 a.m.		9 a.m.
5 p.m.		HIIT Squad		Yoga: Dynamic Flow									10 a.m.	Table Tennis	10 a.m.
6 p.m.	Line Danc: Basic						Line Danc: Basic						11 a.m.		11 a.m.
	Line Danc: Beginner			Line Dancing: Multi-Level			Line Dancing: Beginner						11 a.m.		

*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 Intermediate	Water Aerobics	
10 a.m.						Water Volleyball
	Water Aerobics	SplashDance	Water Pump	Water Aerobics Intermediate	SplashDance	
11 a.m.						
	Pool Walking	Pool Walking	Pool Walking	Pool Walking	Pool Walking	
noon						
	Pool Walking	Pool Walking	Pool Walking	Pool Walking	Pool Walking	
1 p.m.						
	SilverSneakers Splash	Pool Walking	SilverSneakers Splash	Pool Walking	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 Intermediate	Water Aerobics Intermediate	Water Aerobics Intermediate			
6 p.m.						