

Group Fitness Classes

Please note class time changes during DeDot's construction in our parking lot.

**Walk Aerobics- 2 classes daily, 7:45am-8:15am & 8:30am-9:00am
in the Activity Room. FREE with your membership**

CLASS	TIME	ROOM	INSTRUCTOR	CONTACT	FEE
Monday					
Ultra Beginner Line Dancing	7:45am-8:45am	Main Hall	Marian Fetherolf	302-249-1586	\$6.00
Chair Exercise (Curtis w/Resistance band)	8:30am-9:15am	Card Room	DVD	302-645-9293	Free
Tai Chi for Parkinson's	9:00am-9:45am	Cool Springs Pres. Church	Janelt DeFeo	302-278-9532	Free
Balance & Strength	9:15am-10:00am	Main Hall	Pamm Pauley	pammpauley616@gmail.com	\$7.00
Yoga	9:30am-10:15am	Activity Room	Judy Impell	judyimpell@gmail.com	\$7.00
Zumba	10:30am-11:15am	Main Hall	Pamm Pauley	pammpauley616@gmail.com	\$7.00
Qigong	10:45am-11:30am	Activity Room	Janet DeFeo	302-278-9532	\$6.00
Chair Aerobics	11:00am-12:00pm	Cool Springs Pres. Church	Cindy Beaver	717-991-8526	\$8.00
Tai Chi for Beginners	11:45am-12:30pm	Main Hall	Deb Hunt	hunt4taichi@gmail.com	\$7.00
Balance & Strength	11:45-12:30pm	Activity Room	Pamm Pauley	pammpauley616@gmail.com	\$7.00
Tuesday					
Beginner Tai Chi	8:00am-8:45am	Main Hall	Janet DeFeo	302-278-9532	\$7.00
Chair Exercise (Curtis w/Resistance band)	8:30am-9:15am	Card Room	DVD	302-645-9293	FREE
Tai Chi	9:15am-10:15am	Main Hall	Susan Hamadock	302-381-0585	\$7.00
Chair Yoga (Anne-weights)	9:30am-10:30am	Card Room	DVD	302-645-9293	FREE
Advanced Line Dancing	9:30am-10:15am	Activity Room	Marian Fetherolf	302-249-1586	\$6.00
Low intermediate Line Dancing	10:30am-11:15am	Activity Room	Marian Fetherolf	302-249-1586	\$6.00
Improver Line Dancing	11:45am-12:30pm	Activity Room	Marian Fetherolf	302-249-1586	\$6.00
Cardio Drumming	1:00pm-2:00pm	Activity Room	Jacqui Krupinski	myactivecenter.org	\$7.00
Tango at the Beach	6:00pm-7:00pm	Card Room	Christine Eggert	chrismeggert804@gmail.com	
Tango at the Beach	7:00pm-9:30pm	Activity Room	Christine Eggert	chrismeggert804@gmail.com	

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Wednesday					
Tai Chi Fan Class	8:00am-8:45am	Main Hall	Janet DeFeo	302-278-9532	\$7.00
Yoga	9:30am-10:30am	Activity Room	Judy Impell	judyimpell@gmail.com	\$7.00
Ball & Band	9:15am-10:00am	Main Hall	Pamm Pauley	pamppauley616@gmail.com	\$7.00
LaBlast	11:00am-12:00pm	Activity Room	Cindy Beaver	717-991-8526	\$8.00
Chair Yoga (Anne-stretch)	12:30pm-1:30pm	Card Room	DVD	302-645-9293	FREE
Thursday					
Cardio Blast	7:45am-8:45am	Main Hall	Pamm Pauley	pamppauley616@gmail.com	\$7.00
Mat Pilates	9:00am-10:00am	Cool Springs Pres. Church	Pamm Pauley	pamppauley616@gmail.com	\$7.00
Tai Chi	9:15am-10:15am	Main Hall	Janet DeFeo	302-278-9532	\$7.00
Tai Chi Beginning Swords	9:15am-10:15am	Activity Room	Susan Hamadock	302-381-0585	\$10.00
Moving the Moment	10:45am-11:45am	Cool Springs Pres. Church	Janaea Rose Lyn	www.janaearoselyn.com	\$7.00
Beginner Tai Chi/Qigong Combined	12:00pm-1:00pm	Activity Room	Janet DeFeo	302-278-9532	\$7.00
Tai Chi for Ind. with Parkinson's Disease	1:15pm-2:00pm	Main Hall	Janet DeFeo	302-278-9532	FREE
Tai Chi for Beginners	5:45pm-6:45pm	Activity Room	Gary Tompkins	garyt.taichi@gmail.com	\$7.00
Friday					
Balance & Strength	7:45am-8:30am	Main Hall	Pamm Pauley	pamppauley616@gmail.com	\$7.00
Chair Exercise w/Curtis (weights)	8:30am-9:15am	Card Room	DVD	302-645-9293	FREE
LaBlast	9:00am-9:45am	Main Hall	Cindy Beaver	717-991-8526	\$8.00
Yoga	9:30am-10:45am	Activity Room	Linda Catts	410-917-5885	\$7.00
Chair Yoga (Anne-stretch)	9:30am-10:30am	Card Room	DVD	302-645-9293	FREE
Balance & Strength	10:15am-11:00am	Main Hall	Pamm Pauley	pamppauley616@gmail.com	\$7.00
Zumba	11:30am-12:30pm	Main Hall	Pamm Pauley	pamppauley616@gmail.com	\$7.00
Tai Chi Swords	1:00pm-2:00pm	Main Hall	Marianne Walch	mwalch@verizon.net	\$10.00

Games and Other Programs

CLASS	TIME	ROOM	LEADER	CONTACT
Monday				
Scrabble	10:00am-12:00pm	Card Room	Pat Williams	610-613-9281
Mexican Train (Dominoes)	12:30pm-2:30pm	Card Room	-	302-645-9293
Rummikub	1:00pm-3:00pm	Main Hall	Trina Stephenson	trina_step@comcast.net
A Stitch in Time	1:00pm-4:00pm	Main Hall	Joyce Sheehy	908-337-5652
Bridge	1:00pm-4:00pm	Activity Room	Jenny Waters	703-244-3257
Beginner Mah Jong	3:00pm-5:00pm	Card Room	Cheryl Belluci	cab22cute@me.com
Billiards/Ping Pong	4:00pm-7:00pm	Activity Room	-	302-645-9293
Tuesday				
Penny Bingo	11:00am-3:00pm	Main Hall	Josie Schroeder	302-841-4113
Pinochle	12:00pm-5:00pm	Card Room	Dennis Sabato	302-212-6711
Jackpot Bingo	Doors Open 4:00pm	Main Hall	Sue Petko	302-645-9293
Wednesday				
T.O.P.S.	10:00am-12:00pm	Card Room	Carey Gellman	240-899-1295
Hand, Knee, & Foot	12:30pm-3:15pm	Activity Room	-	302-645-9293
Spades/Hearts (1 st & 3 rd weeks of the month)	1:30pm-4:00pm	Card Room	Judith Connor	804-456-0055
Italian Card Games (2 nd & 4 th weeks of the month)	1:30pm-4:00pm	Card Room	Neil Garefino	302-703-6296
Billiards/Ping Pong	3:30pm-7:00pm	Activity Room	-	302-645-9293
Thursday				
Canasta	9:00am-12:00pm	Card Room	-	302-645-9293
Bunco (1 st & 3 rd weeks of the month)	1:00pm-3:00pm	Card Room	Josie Glynn	908-892-8605
Drum Circle (3 rd Thursday of the month)	3:30pm-5:00pm	Main Hall	Marthea Proudfoot	mjpfoot@gmail.com
Friday				
Book Club (2 nd Friday of the month)	11:00am-12:00pm	Lounge	Linda Catts	410-917-5885
Duplicate Bridge	12:30pm-4:30pm	Activity Room	Dottie Woodbury Rich Lepley	Dottie: 302-945-2059 Rich: 202-494-8334
Mah Jong	12:00pm-2:00pm	Card Room	Carole Palamar	302-684-3968

CERAMICS STUDIO IS OPEN MONDAY-FRIDAY.

DUE TO THE POPULARITY OF THE CLASS, YOU MUST SIGN UP FOR A 2-HOUR TIME SLOT. EITHER STOP BY THE CERAMICS ROOM OR CALL 302-645-9293 EXT 107. EVERYONE IS WELCOME!

During DelDot's construction, parking at LSAC is limited. Arriving closer to your class time helps earlier participants wrap up and open spaces for those coming next.