

LSAC Group Exercise Classes

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Please contact the instructor listed for each class with any questions.

The fees listed are the instructor's fee.

DAY	TIME	LOCATION	INSTRUCTOR	Contact information	Fee
MONDAY					
Walk Aerobics	7:45am-8:15am	Activity Room	DVD	302-645-9293	FREE
Ultra Beginner Line Dancing	8:00am-9:00am	Main Hall	Marian Fetherolf	302-249-1586	\$6.00
Walk Aerobics	8:30am-9:00am	Activity Room	DVD	302-645-9293	FREE
Chair Yoga	8:30am-9:25am	Card Room	DVD	302-645-9293	FREE
Balance & Strength	9:15am-10:15am	Main Hall	Pamm Pauley	pammpauley616@gmail.com	\$7.00
Yoga	9:30am-10:30am	Activity Room	Judy Impell	judyimpell@gmail.com	\$7.00
Zumba	10:30am-11:30am	Main Hall	Pamm Pauley	pammpauley616@gmail.com	\$7.00
Qigong	10:45am-11:30am	Activity Room	Janet DeFeo	302-278-9532	\$6.00
Tai Chi for Beginners	11:45am-12:45pm	Main Hall	Deb Hunt	hunt4taichi@gmail.com	\$7.00
Mat Pilates	11:45am-12:45pm	Activity Room	Pamm Pauley	pammpauley616@gmail.com	\$7.00
TUESDAY					
Walk Aerobics	7:45am-8:15am	Activity Room	DVD	302-645-9293	FREE
Beginner Tai Chi	8:00am-9:00am	Main Hall	Janet DeFeo	302-278-9532	\$7.00
Walk Aerobics	8:30am-9:00am	Activity Room	DVD	302-645-9293	FREE
Tai Chi	9:15am-10:30am	Main Hall	Susan Hamadock	302-381-0585	\$7.00
Chair Yoga (2 Classes)	8:30am—9:25am & 9:30am-10:25am	Card Room	DVD	302-645-9293	FREE
Line Dancing Advanced	9:30am-10:30am	Activity Room	Marian Fetherolf	302-249-1586	\$6.00
Line Dancing Low Intermediate	10:45am-11:45am	Activity Room	Marian Fetherolf	302-249-1586	\$6.00
Next Level Chair Yoga	10:45am-11:45am	Card Room	Linda Catts	410-917-5885	\$7.00
Line Dancing Improver	12:00pm-1:00pm	Activity Room	Marian Fetherolf	302-249-1586	\$6.00
Tai Chi	5:45pm-6:45pm	Activity Room	Gary Tompkins	garyt.taichi@gmail.com	\$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					
Walk Aerobics	7:45am-8:15am	Activity Room	DVD	302-645-9293	FREE
Tai Chi Fan Class	8:00am-9:00am	Main Hall	Janet DeFeo	302-278-9532	\$7.00
Walk Aerobics	8:30am-9:00am	Activity Room	DVD	302-645-9293	FREE
Yoga	9:30am-10:30am	Activity Room	Judy Impell	judyimpell@gmail.com	\$7.00
Ball & Band	9:15am-10:15am	Main Hall	Pamm Pauley	pammpauley616@gmail.com	\$7.00
LaBlast	11am-12pm	Activity Room	Cindy Beaver	717-991-8526	\$8.00
Chair Yoga	12:30pm-1:30pm	Card Room	DVD	302-645-9293	FREE
THURSDAY					
Walk Aerobics	7:45am-8:15am	Activity Room	DVD	302-645-9293	FREE
Cardio Blast	7:45am-8:45am	Main Hall	Pamm Pauley	pammpauley616@gmail.com	\$7.00
Walk Aerobics	8:30am-9:00am	Activity Room	DVD	302-645-9293	FREE
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
Beginner Tai Chi /Qigong Combined	12:00pm-1:00pm	Activity Room	Janet DeFeo	302-278-9532	\$7.00
Cardio Drumming	5:00pm-6:00pm	Activity Room	Jackie Krupinski	302-645-9293	\$7.00
FRIDAY					
Walk Aerobics	7:45am-8:15am	Activity Room	DVD	302-645-9293	FREE
Balance & Strength	7:45am-8:45am	Main Hall	Pamm Pauley	pammpauley616@gmail.com	\$7.00
Walk Aerobics	8:30am-9:00am	Activity Room	DVD	302-645-9293	FREE
LaBlast	9:00am-10:00am	Main Hall	Cindy Beaver	717-991-8526	\$8.00
Yoga	9:15am-10:30am	Activity Room	Linda Catts	410-917-5885	\$7.00
Chair Yoga (2 classes)	8:30am-9:25am & 9:30am-10:25am	Card Room	DVD	302-645-9293	FREE
Balance & Strength	10:15am-11:15am	Main Hall	Pamm Pauley	pammpauley616@gmail.com	\$7.00
Zumba	11:30am-12:30pm	Main Hall	Pamm Pauley	pammpauley616@gmail.com	\$7.00
Tai Chi Swords	1:00pm-2:00pm	Main Hall	Marianne Walch	mwalch@verizon.net	\$10.00

Games & Other Programs

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<u>DAY</u>	<u>TIME</u>	<u>LOCATION</u>	<u>LEADER</u>	<u>CONTACT INFORMATION</u>
<u>MONDAY</u>				
Ceramics	8:00am-2:00pm*	Ceramics Room	Jacintha Guerico	302-645-9293
Scrabble	10:00am-12:00pm	Card Room	Hester Chinchar	302-645-9293
Mexican Train	12:30pm-2:30pm	Card Room	Front Desk	302-645-9293
Rummikube	1:00pm-3:00pm	Main Hall	Trina Stephenson	trina_step@comcast.net
Bridge	1:00pm-4:00pm	Activity Room	Jenny Waters	703-244-3257
A Stitch in Time	1:00pm-4:00pm	Main Hall	Joyce Sheehy	908-337-5652
Beginner Mah Jong	3:00pm-5:00pm	Card Room	Cheryl Belluci	cab22cute@me.com
Billiards/Ping Pong	4:00-7:00pm	Activity Room	Front Desk	302-645-9293
<u>TUESDAY</u>				
Ceramics	8:00am-2:00pm*	Ceramics Room	Jacintha Guerico	302-645-9293
Penny Bingo	11:00am-3:00pm	Main Hall	Josie Schroeder	302-841-4113
Pinochle	12:00pm-5:00pm	Card Room	Jack Welsh	302-644-2238
Jackpot Bingo	Doors open 4pm	Main Hall	Front Desk	302-645-9293
<u>WEDNESDAY</u>				
Ceramics	8:00am-2:00pm*	Ceramics Room	Jacintha Guerico	302-645-9293
T.O.P.S	10:00am-12:00pm	Card Room	Carey Gellman	240-899-1295
Hand, Knee, & Foot	12:30pm-3:15pm	Activity Room	Front Desk	302-645-9293
Spades	2:00pm-4:00pm (1st & 3rd weeks only)	Card Room	Judith Connor	804-456-0055
Italian Card Games	1:30pm-4:00pm (2nd & 4th weeks only)	Card Room	Neil Garefino	302-703-6296
Billiards/Ping Pong	3:30pm-7:00pm	Activity Room	Front Desk	302-645-9293
<u>THURSDAY</u>				
Ceramics	8:00am-2:00pm*	Ceramics Room	Jacintha Guerico	302-645-9293
Canasta	9:00am-12:00pm	Card Room	Front Desk	302-645-9293
Bunco	1:00pm-3:00pm (1st & 3rd weeks only)	Card Room	Josie Glynn	908-892-8605
Cribbage	1:00pm-3:00pm (2nd & 4th weeks only)	Card Room	Front Desk	302-645-9292
Drum Circle	Every 3rd Thursday of	Main Hall	Marthea Proudfoot	mjpfoot@gmail.com
<u>FRIDAY</u>				
Ceramics	8:00am-12:00pm*	Ceramics Room	Jacintha Guerico	302-645-9293
Book Club	11:00am-12:00 (2nd Friday of the month)	Lounge	Linda Catts	410-917-5885
Duplicate Bridge	12:30pm-4:30pm (1st & 3rd weeks only)	Activity Room	Dottie Woodbury	302-945-2059
Duplicate Bridge	12:30 pm-4:30 pm (2nd & 4th weeks only)	Activity Room	Rich Lepley	202-494-8334
Mah Jong	12:00pm-2:00pm	Card Room	Carole Palamar	302-684-3968