

Jazzercise classes among new programs at St. Joseph's in Clayton

It's so easy to skip the exercising, especially as we get older, but not for Dolores Cromwell. She's leading seven Jazzercise classes a week, and is now expanding her schedule to include two new classes at St. Joseph's at Providence Creek in Clayton. While she prefers not to divulge her age, Dolores shares with her students a couple of decades of experience and commitment to fitness and well-being.

The new classes join a host of other community service programs at the site, just north of downtown Clayton. One-hour classes of music, dance, and aerobics from the nationally-acclaimed Jazzercise program will be held in the Drexel Campus Center on Wednesdays at 6 p.m., and Saturdays at 10 a.m. It is the newest amongst numerous scouting, sports, mentoring, recreation, and public forum programs currently presented by the Foundation.

Dolores moved to the area with her husband Al Kraft, known to many as "Mr. Positive," seeking a quieter lifestyle, but one in which she could, "...inspire and motivate my students to be aware and in touch with their bodies for positive health reasons." Cromwell believes that she personally has had remarkable recovery time from surgeries due to the overall health

benefits of her Jazzercise activities. "Today's society," Dolores says, "needs more awareness to improve one's health and control obesity. Jazzercise, being a successful program for 38 years, says a lot!"

Cromwell studied performance-art and dance, including modern and tap dance, before taking Jazzercise classes in Riverdale, New Jersey in 1989. She soon got the bug to teach and received certification as an instructor. Along with teaching Junior Jazzercise to young people 7-16 years old for the past two summers, for which she was honored for outstanding volunteerism and leadership, Dolores received a Distinction of Masters Award on behalf of Jazzercise founder Judi S. Missset for demonstrating commitment to self-improvement through their continuing education program.

"I think Jazzercise is so successful because it is a fun form of fitness that incorporates improvement, endurance, and coordination that brings people back again and again," says Dolores.

The newest classes will begin Wednesday, May 7 with a one-week, free open house for folks to try out the program. There is also a \$20 discount for new registrations.

For information on classes and the



Marc Ostroff (front right), the executive director of St. Joseph's at Providence Creek Foundation, welcomes Dolores Cromwell, Jazzercise instructor, who will be teaching classes at St. Joseph's in Clayton starting May 7. Cromwell will also continue to teach Jazzercise at the American Legion Ambulance Hall where she is pictured here with some of her students, from left: Nancy Swift, Al Kraft, Minnie Wilson, and Dotty Raymond. (Photo by Ben Mace)

Jazzercise program, please call Dolores Cromwell at (302) 659-0160 or visit www.jazzercise.com.

To learn about other programs at St.

Joseph's, for opportunities to locate your program at the site, or for an informational tour, please contact St. Joseph's at Providence Creek at (302) 653-8814.