



## Arlene L. Lazarek

February 27, 1942 - August 26, 2011

Arlene Schorre Lazarek was born in the Naval Ship Yard Hospital in Brooklyn, New York to Fermor and Lois Schorre while Fermor was away defending our country in World War II. She moved to California as a young girl where she remained her entire life. She was raised in Pleasant Hill, graduating from Pleasant Hill High School in 1959 where she led the Rams Cheer Squad. She moved to Benicia in 1980 and later lived in Applegate and Lincoln. She passed away in Roseville after a short illness.

Arlene was a pioneer in the field of fitness, health and wellness. Her self-taught shrewd business skills benefited her greatly in her life. She was one of the original instructors of Jazzercise and later opened the first of her many successful businesses, Hi-Energy Aerobics, which was located in downtown Benicia. After moving to the Auburn area in 1987, she earned a degree from the California College of Ayurvedic Medicine. She opened Auburn Pilates and Wellness Center where she practiced her true passion, helping others achieve wellness of the mind, body and spirit. After selling her business, she moved to Sun City in Lincoln where she welcomed friends into her home, teaching and mentoring right up until the week of her death.

While living in Benicia, she met the love of her life, Ed Lazarek. In 1985 they married and spent the rest of her life together, becoming Ed's best friend and "Guiding Light".

Arlene was a wonderful Mother, Wife and Friend and will be missed by many. She is survived by husband Ed, sons Richard (Barbara), Stephan (Becky) and

daughter Summer, sister Nedra and step-children Stephanie and Tim. Arlene was a loving “Nana” to grandchildren Christopher, Allisun, Ricci, Jake, Carson and Kylie.

In following Arlene’s wishes, there will be a private service for family at her final resting place, Benicia. Please visit the online tribute at [www.passalacquafuneralchapel.com](http://www.passalacquafuneralchapel.com)

# Cemetery Details

## **St. Dominic's Cemetery**

Hillcrest Avenue & East 5th Street  
Benicia, CA 94510

# Tribute Wall



“ *Arlene L. Lazarek*

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November 29, 2022 at 08:20 PM



“ *Arlene, you will be missed...you opened many doors letting others find their way to health and wellness in our spirit and body!! My heart reaches out to you forever grateful for the beautiful gift you in your giving open way helped bring to our family..you helped create a beautiful little family brought and so much joy and love into my life in the spirit of a beautiful little angel Stella Rose and her brother Charlie...you will live in their legacy forever and in our hearts! So much love to Ed we will always be here for you ...she left us amazing gifts.. Miigwetch Arlene....Neil & Cheri Williams*

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**cheri williams** - September 04, 2011 at 01:53 PM