

HEALTH & WELLNESS

Heart Smart adults

If you want to add more activity to your life and improve your overall health, consider this class. It will help you improve your cardiovascular efficiency without the high impact on your joints. This class involves steady steps (walking), arm and leg movements with or without light weights to build endurance, joint flexibility, balance and strength - as well as shape the entire body inside and out.

Dates: Mondays
 Session I January 15-February 19 #310763.1
 Session III March 5-April 9 #310763.3
 Session V April 30-June 11 #310763.5
 exclude May 28
 *Wednesdays
 Session II January 17-February 21 #310763.2
 exclude February 7
 Session IV March 7-April 11 #310763.4
 exclude April 4
 Session VI May 2-June 6 #310763.6
Time: 9:00-9:50 a.m.
Place: Greenfield Community Center
 Jansen Fest Hall

Fee per session:
 Resident \$26.00
 Non-Resident \$52.00

Instructor: Vickie Strachota, NETA Certified

Note: Wear aerobic/fitness shoes, bring a towel, and a bottle of water.

***For exclude dates, class meets:**

Session II, class meets Thursday, February 8 from 8:00-8:50 a.m.

Session III, class meets Thursday, April 5 from 8:00-8:50 a.m.

Core and More adults and seniors

This core-focused class includes resistance training to target your abdominals, back, gluteal muscles, and more. Chisel and firm your core muscles using the fitness stability balls, weights to work the upper and lower body, balance discs to gain stability, and a bit of mat work to round it all out.

Dates: Mondays
 Session I January 15-February 19 #310779.1
 Session II March 5-April 9 #310779.2
 Session III April 30-June 11 #310779.3
 exclude May 28

Time: 8:00-8:50 a.m.
Place: Greenfield Community Center
 Jansen Fest Hall

Fee per session:
 Resident \$26.00
 Non-Resident \$52.00

Instructor: Vickie Strachota, NETA



Hallway Walkers adults

Each additional mile walked by a sedentary person would save U.S. society an average of 34 cents in medical and other costs (RAND Corporation, 1993) . . . are you doing your part?

“Step Up To Better Health-Greendale Health Department” would like to encourage your participation in starting a healthier lifestyle, or continuing to be healthier, by sponsoring this program this winter/spring!

Dates: Mondays, Wednesdays, and Thursdays
 January 15-March 22 #310705.1
 exclude February 19 & March 15

Time: 6:15-7:30 p.m.
Place: Greendale High School
 Main, Upper Hallway-please enter through back Music Wing entrance #C24 (do not arrive earlier, doing so can jeopardize our program – our approved usage is only 6:15-7:30 p.m.)

Fee: Residents only-No charge; however, must pre-register in-person or through mail at the Park and Recreation Office before attending.

Supervisors:
 Julie Goetz and Debbie & Ed Eberhardt

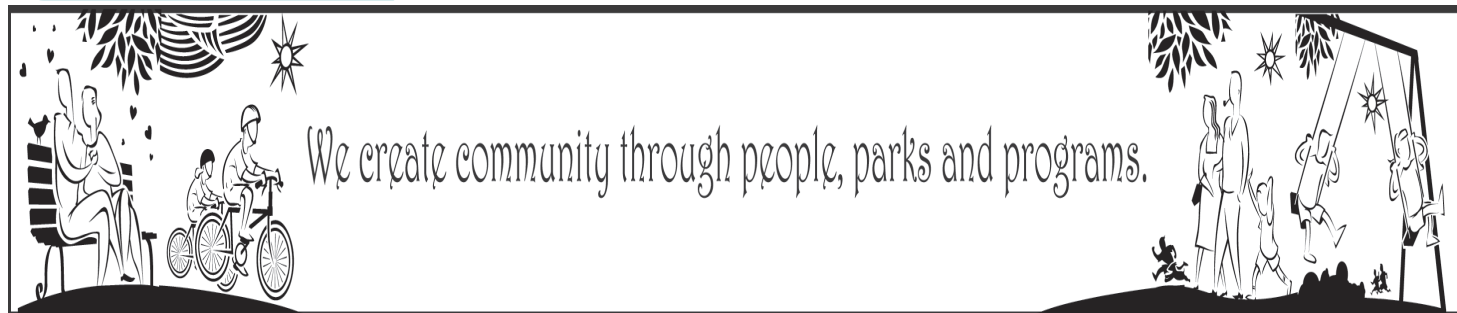
Note: The program costs for this winter/spring walking program are being sponsored by the “Step Up To Better Health-Greendale Health Department” . . . thank you to them for their generous donation to make this FREE program possible!

“Round Up” ↑ for Recreation

Rounding up your program fee helps provide financial support to the Greendale Park and Recreation Department for promotion of preschool, youth, adult and senior citizen programs and participation for those unable to pay full price for programs offered by the department. Keep us in mind as you pay your registration fees this winter/spring!

Special Thanks to those who contributed
 in Fall 2017
 You've made a difference!

The Christian Family
 The Dierken-Boals Family
 Karla Geiger
 The Gregg Family
 The Hinkley Family
 Betty Kroll
 Sally Lemke
 The Lopez Family
 The Madson Family
 Mary Marks
 Marie Martin
 Gail Olsen
 Pam Stahler
 Sherri Taylor
 Sandra Wendt



Body"Works"

ages 16 years and older and adults

Kick start the winter with this core and muscle conditioning class that includes a bit of everything—pilates, yoga, toning, and stretching. Re-energize with exercises to strengthen your whole body.

In this class, you use "your" body weight while focusing on increased energy, flexibility, better balance, and range of motion. All fitness levels welcome.

Dates:

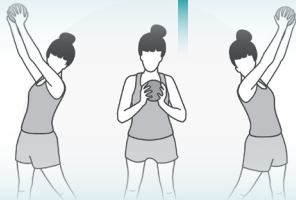
Mondays
 Session I January 15-April 9 #310704.1
 Session IV April 23-June 4 #310704.4
 exclude May 28
Wednesdays
 Session II January 17-April 11 #310704.2
 Session V April 25-June 6 #310704.5
 exclude May 16
Mondays & Wednesdays
 Session III January 15-April 11 #310704.3
 Session VI April 23-June 6 #310704.6
 exclude May 16 & 28
Time: 6:30-7:15 p.m.
Place: Greendale High School Room 55

Fees per session:

SI or II Resident \$46.00
 Non-Resident \$56.00
 SIII Resident \$75.00
 Non-Resident \$85.00
 SIV or V Resident \$22.00
 Non-Resident \$32.00
 SVI Resident \$36.00
 Non-Resident \$46.00

Instructor: Meri Misko

Note: No "mixing" of sessions. Bring exercise mat and water bottle for each class.



Zumba®

ages 16 years old and adults

This Latin inspired workout combines easy to do Latin dance steps with a mixture of body sculpting movements. Zumba® features aerobic/fitness interval training to maximize caloric output to increase fat burning with total body toning. Zumba® is a "feel happy" workout that is great for both the body and the mind.

Dates: Mondays
 Session I January 15-February 26 #310728.1
 exclude February 19
 Session II March 12-April 23 #310728.2
 exclude April 2
 Session III April 30-June 18 #310728.3
 exclude May 21 & 28
Time: 5:30-6:30 p.m.
Place: Greenfield Community Center Jansen Fest Hall

Fee per session: Resident \$26.00
 Non-Resident \$52.00
Instructor: Kaye Kass, Zumba® Licensed

Free "Try It-You'll Like It" Day!

Monday, January 8
 5:30-6:30 p.m.
 Greenfield Community Center-Jansen Fest Hall
 Advanced registration not necessary – just sign-in at class to give it a try!



NEW!

More Zumba® Fitness

adults

Looking for an additional night of Zumba®, consider adding this to your schedule! This Latin inspired workout combines easy to do Latin dance steps with a mixture of body sculpting movements. Zumba® features aerobic/fitness interval training to maximize caloric output to increase fat burning with total body toning. Zumba® is a "feel happy" workout that is great for both the body and the mind.

Dates: Thursdays
 Session I January 18-February 22 #310777.1
 Session II March 8-April 12 #310777.2
 Session III April 26-May 31 #310777.3
Time: 6:50-7:50 p.m.
Place: Greenfield Community Center Jansen Fest Hall

Fee per session:
 Resident \$26.00
 Non-Resident \$52.00

Instructor: Cilla Baker, Certified

Free "Try It-You'll Like It" Day!

Thursday, January 11
 6:50-7:50 p.m.
 Greenfield Community Center-Jansen Fest Hall
 Advanced registration not necessary – just sign-in at class to give it a try!

The Power of a Healthy Digestive System

adults

Being healthy isn't just what you eat or how you eat it, it is also whether your digestive system can process it and eliminate the waste. Contrary to popular belief, healthy weight is not about increasing metabolism but increasing the *efficiency* of metabolism. The quality of your digestion is directly related to the ability of your body to absorb nutrients required to build healthy tissue.

Few people today experience a healthy digestive system. Symptoms of gas, bloating, indigestion, heartburn, irregular bowel movements, and lethargy after meals are so commonplace they are considered normal. In this class, ways will be discussed as to balance your digestive system and restore your health using acupuncture, healthy eating guidelines, and lifestyle modifications.

Date: Monday, March 5 #310674.1
Time: 6:30-8:00 p.m.
Place: Greendale High School Room 176
Fee: Resident \$7.50
 Non-Resident \$12.50
Instructor: Monica A. Judge, L. Ac., Dipl. Ac., MSOM, BS Nutrition



FUNctionally Fit

ages 55+ and older



Dycora Transitional Health & Living has opened their doors to use their Fitness Center. It's a great opportunity to utilize the "state of the art" Nautilus strengthening equipment specially designed to provide muscle stimulation through the entire range of motion, improve physical and functional strength. A certified fitness instructor will be available to monitor (as needed) blood pressure, heart rate and oxygen saturation levels during all classes. Programs are designed for your individual goals and needs in a safe and comfortable environment. Small class size!

You can expect results of increased muscle strength, enhanced flexibility, improved ability to walk longer distances, reduced occurrences of falls, and overall well-being.

Dates: Tuesdays and Thursdays
February 6-March 15 **#310736.1**
Time: 2:00-3:00 p.m.
Place: Dycora Transitional Health & Living
5404 W. Loomis Road
Fee: Resident \$30.00
Non-Resident \$40.00

Instructor: Staff of Dycora Transitional Health & Living
Note: Check it out! If you are interested, please schedule a FREE initial appointment with the Dycora Wellness Coordinator (Jenny) at 414.421.0088. The appointment will consist of completing a General Health Survey, consultation, and tour of the fitness center.

Pre-registration required through the Greendale Park and Recreation Department.

We do not cease playing
because we grow old,
we grow old because we
cease playing.

-Joseph Lee

Yoga Fit

adults



Develop greater body awareness and sensitivity to your body while reducing stress in this yoga fit class. Each week you will stretch, breathe, learn yoga postures, relax and have fun. Not recommended for pregnant women.

Dates: Tuesdays
Session I January 16-February 27 **#310734.1**
exclude February 20
Session III March 13-April 24 **#310734.3**
exclude April 3
Session V May 1-June 5 **#310734.5**
Thursdays
Session II January 18-February 22 **#310734.2**
Session IV March 8-April 12 **#310734.4**
Session VI April 26-May 31 **#310734.6**
Time: 5:40-6:40 p.m.
Place: Greenfield Community Center
Jansen Fest Hall
Fee per session: Resident \$26.00
Non-Resident \$52.00
Instructor: Cilla Baker, Yoga Certified
Note: Please bring a yoga mat.

Free "Try It-You'll Like It" Days!
Tuesday, January 9 or Thursday, January 11
5:40-6:40 p.m.
Greenfield Community Center
Jansen Fest Hall

*Advanced registration not necessary – just sign-in at class to give it a try!
Please bring a yoga mat.

Exercise Tips for Families

- ★ **Set a Good Example:** Be active and get your family to join you. ★
- ★ **Establish a Routine:** Set aside time each day as activity time. Adults should get 30 minutes daily and children should get 60 minutes daily. ★
- ★ **Have an Activity Party:** Try backyard Olympics, or relay races. Have a bowling or skating party. ★
- ★ **Make a Home Gym:** Use household items, such as canned foods as weights and stairs as stair machines. ★
- ★ **Move It!** During TV commercials, get up and move around. When you talk on the phone, lift weights or walk around. ★
- ★ **Activity Gifts:** Give gifts that encourage physical activity. ★

Acupuncture for Everything!

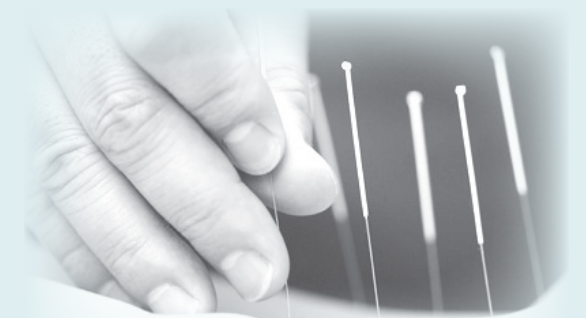
adults

Do you have back pain, sciatica, shoulder or neck pain, or suffer from headaches? Trouble sleeping or digestive issues? Hot flashes or hormonal issues? Want to feel more relaxed? Try acupuncture. It works!

Acupuncture is the fastest growing healthcare method in America. Acupuncture is a form of therapy that promotes natural healing of the body. Acupuncture works extremely well for pain relief and improving digestive functions. Acupuncture is drug-free therapy. *According to the World Health Organization, acupuncture can successfully treat allergies, dental pain, menstrual cramps, tennis elbow, fibromyalgia, low back pain, arthritis, and asthma. Acupuncture can even help to combat addiction and depression.*

Curious? Do you want to know more? Would you like to see a live demonstration? If so, this workshop is for you! Take a journey and explore the true benefits of Acupuncture. Discussion to include how does it work, how will it improve my health, are the needles safe, what do the needles look like, does it hurt, how many treatments will I need, and is acupuncture covered by health insurance. Come, sit back, and relax and listen about the acupuncture phenomenon and how it can improve your quality of life.

Date: Monday, April 23 **#310634.1**
Time: 6:30-8:00 p.m.
Place: Greendale High School
Room 176
Fee: Resident \$7.50
Non-Resident \$12.50
Instructor: Monica A. Judge, L. Ac., MSOM, BS
Nutrition



Strengthen and Lengthen

adults



If you believe variety is the spice of life, then this is the workout for you. Develop a strong, lean body with this fitness fusion of pilates, yoga, weight training and fitness stretching. Get fit and have fun!

Dates: Wednesdays
 Session I January 17-February 28 **#310775.1**
 exclude February 14
 Session II March 14-April 25 **#310775.2**
 exclude March 28
 Session III May 2-June 13 **#310775.3**
 exclude May 23
Time: 6:40-7:40 p.m.
Place: Greenfield Community Center
 Jansen Fest Hall
Fee per session:
 Resident \$26.00
 Non-Resident \$52.00
Instructor: Kaye Kass

Free "Try It-You'll Like It" Day!

Wednesday, January 10
 6:40-7:40 p.m.

Greenfield Community Center-Jansen Fest Hall
 Advanced registration not necessary – just sign-in at class to give it a try!

Cardio Kickboxing

adults



Kickboxing is an aerobic workout that not only helps burn an impressive number of calories but also helps build strength, coordination and balance while giving you a complete full body workout with a plethora of benefits. Moves are modifiable to meet you at your current level of fitness.

All classes are challenging but also modifiable for MOST fitness levels...this program is designed to meet you at your current level of fitness and help you work towards whatever goals you have set for yourself!

We start burning calories and strengthening on January 16, February 20, March 27 or April 24 (and there are 6 options weekly to help you work on your challenge to being successful).

Dates: Tuesdays and Thursdays
 Session I January 16-February 8 **#310767.1**
 Session II February 20-March 15 **#310767.2**
 Session III March 27-April 19 **#310767.3**
 Session IV April 24-May 17 **#310767.4**
Times: 9:00 a.m., 12:00 p.m. or 5:00 p.m.
Place: Class A Fitness
 6500 Industrial Loop
 (located in Greendale Industrial Park)

Fee per session:
 Resident \$74.00
 Non-Resident \$84.00
Instructor: Amy Krenz, owner Class A Fitness LLC; AFAA Primary Ex & Biggest Loser Pro Certified, Bootcamp, Older Adult Certified plus many other fitness certifications; along with the staff of Class A Fitness

FUZE: Core & Yoga = Self Care



ages 16 years and older and adults and seniors

An all-levels yoga class with a fusion of gentle flow yoga, core work and functional body movement with deep tissue massage work using Roll Model Method® therapy balls. This class is designed to increase strength, flexibility, range of motion, balance and focus along with creating stability and strength in all your deep tissue muscles. A great class for everyone and all abilities.

Dates: Mondays
 Session I January 15-February 26 **#310764.1**
 exclude February 19
 Session II March 12-April 23 **#310764.2**
 exclude April 2
 Session III April 30-June 18 **#310764.3**
 exclude May 21 & 28
Time: 6:40-7:40 p.m.
Place: Greenfield Community Center
 Jansen Fest Hall
Fee per session:
 Resident \$26.00
 Non-Resident \$52.00
Instructor: Kaye Kass, NETA

Free "Try It-You'll Like It" Day!

Monday, January 8
 6:40-7:40 p.m.

Greenfield Community Center-Jansen Fest Hall
 Advanced registration not necessary – just sign-in at class to give it a try!

Fitness for Your Mind & Body Gentle Stretch Yoga

adults



Explore ways to improve movement and bring about balance for the mind and body. Moving at your pace and ability, enhance coordination and balance, increase flexibility, improve circulation, and perk up your posture while reducing stress. Safe stretching techniques and relaxation exercises make this an ideal class for older adults of all fitness levels.

Dates: Mondays
 Session I January 15-February 19 **#310776.1**
 Session IV March 12-April 16 **#310776.4**
 Session VII April 30-June 11 **#310776.7**
 exclude May 28
Wednesdays
 Session II January 17-February 21 **#310776.2**
 Session V March 14-April 18 **#310776.5**
 Session VIII May 2-June 6 **#310776.8**
Fridays
 Session III January 19-February 23 **#310776.3**
 Session VI March 16-April 27 **#310776.6**
 exclude March 30
 Session IX May 4-June 8 **#310776.9**
Time: 9:00-10:00 a.m.
Place: Greenfield Community Center
 Studio
Fee per session:
 Resident \$26.00
 Non-Resident \$52.00

Instructor: Susan Lancaster, Certified Yoga Teacher (CYT) & nationally certified and licensed massage therapist (LMT)

Note: Registrants must be able to stand up on your own from a lying down position. Please bring your own mat.

Gentle Tai Chi

adults and seniors



Tai Chi is a traditional Chinese exercise practiced for health, relaxation, meditation, and self-defense. It is a slow and continuous exercise designed to improve the quality of life for people, including people with arthritis, using Sun-style Tai Chi, one of the four major recognized styles of Tai Chi. Improve your mobility, breathing, and relax...no deep bending or squatting necessary.

Dates: Wednesdays
 Session I January 17-February 21 **#310713.1**
 exclude February 7
 Session II March 7-April 11 **#310713.2**
 exclude April 4
 Session III May 2-June 6 **#310713.3**
Time: 8:00-8:50 a.m.
Place: Greenfield Community Center Jansen Fest Hall

Fees per session:
 Session I or II Resident \$22.00
 Non-Resident \$44.00
 Session III Resident \$26.00
 Non-Resident \$52.00
Instructor: Vickie Strachota, Tai Chi Arthritis Certified



Strength & Conditioning

adults



Do you want to increase strength and gain muscle? Class A Fitness is offering Monday, Wednesday and Friday strength & conditioning classes. During these classes we use free weights, bands, TRX, resistance tubes and bands, and kettlebells to build muscle and increase strength. Monday is more lower body focused, Wednesday is upper body focused, Friday is FULL BODY with additional conditioning for an intense "after-burn" calorie scorching workout.

All classes are challenging but also modifiable for MOST fitness levels... this program is designed to take you from your current level of fitness and help you work towards whatever goals you have set for yourself!

We start conditioning on January 15, February 19, March 26, or April 23 (and there are 9 options weekly to help you work on your challenge to being successful).

Dates:	Mondays, Wednesdays and Fridays	
Session I	January 15-February 9	#310737.1
Session II	February 19-March 16	#310737.2
Session III	March 26-April 20	#310737.3
Session IV	April 23-May 18	#310737.4
Times:	9:00 a.m., 12:00 p.m. or 5:00 p.m.	
Place:	Class A Fitness 6500 Industrial Loop (located in Greendale Industrial Park)	
Fee per session:	Resident \$84.00 Non-Resident \$94.00	
Instructor:	Amy Krenz, owner Class A Fitness LLC; AFAA Primary Ex & Biggest Loser Pro Certified, Bootcamp, Older Adult Certified plus many other fitness certifications; along with the staff of Class A Fitness	

Get the Junk Out!

adults

Imagine waking up without an ache or pain, cruising through your day with energy and ending it by enjoying a refreshing night's sleep. Then, imagine waking up to do it all over again. Think it's impossible? Think again. The key is eliminating toxins from your body and your life. Toxins can leave you feeling sluggish, achy, heavy, and out-of-shape and can also be a factor in the development of chronic diseases. Purification or detoxification helps remove toxins from your body. Benefits of cleaning your body out include clear, unfoggy minds, decrease in body pains, decreased sugar cravings AND increased energy as well as achieving and maintaining a healthy weight. In this class we will discuss perceptions of detoxification, what type of detox is right for you, and how to eat for success. This is especially important after the holidays!

Date:	Monday, February 5	#310661.1
Time:	6:30-8:00 p.m.	
Place:	Greendale High School Room 176	
Fee:	Resident \$7.50 Non-Resident \$12.50	
Instructor:	Monica A. Judge, L. Ac., Dipl. Ac., MSOM, BS Nutrition	

You Are What You Eat

adults

It's true...you are what you eat! Eating well isn't about focusing on the foods you should eat less of, it's about focusing on nourishing your body by adding in lots of goodness! Do you find yourself **confused and overwhelmed** by all the conflicting stories you hear every day regarding food? If so, you are not alone. We are continuously inundated with the latest and greatest "healthiest" way to eat. From Paleo to Vegan or full fat to fat free, they all claim to be healthy. So what is the truth?

One truth is **we are all unique** and what works for one may not work for another. However, there are underlying truths that cannot be ignored. In this workshop, we will cut through the hype, give you the facts and get back to the basics. Come with an open mind and be ready to learn.

Date:	Monday, May 7	#310635.1
Time:	6:30-8:00 p.m.	
Place:	Greendale High School Room 176	
Fee:	Resident \$7.50 Non-Resident \$12.50	
Instructor:	Monica A. Judge, L. Ac., Dipl. Ac., MSOM, BS Nutrition	



NEW!

Beginner Yoga

adults

You've never done yoga?! Make yoga your New Year's Resolution. We'll take the mystery out of this ancient practice by making you comfortable with basic class format, etiquette, and terminology. We will move through gentle poses and empower you to adapt the movement to your unique physical ability. Yoga is for everyone, not just those who are fit and flexible. If you can breathe, you can do yoga. This series will give you the tools to practice on your own or in a class setting. Come enjoy the physical and emotional benefits of yoga.

Session I will focus on Sun Salutation.
Session II will focus on Warrior Poses.
Session III will focus on Balance.

Date:	Thursday	
Session I	January 18	#310712.1
Session II	February 1	#310712.2
Session III	February 15	#310712.3
Session IV	All three dates	#310712.4
Time:	6:00-7:00 p.m.	

Place:	Community Learning Center 5647 Broad Street (Lower Level)
Fee per session:	Resident \$12.00 Non-Resident \$16.00
Fee for three sessions (when registered together at one time):	Resident \$30.00 Non-Resident \$40.00
Instructor:	Cari Terry, Certified Yoga Teacher, YogaFit
Note:	Please bring your own yoga mat and/or a blanket.

Confirmations are not mailed unless a self-addressed stamped envelope is enclosed.



Chair Flex & Stretch

adults

Suitable for those who prefer a more gentle approach to exercise and want to improve mobility, strength and balance to the entire body. Great for those with arthritis*, providing participants with a fun and beneficial exercise program that can supplement, but does not replace, exercises prescribed by a doctor or therapist. This group exercise program has been specially designed and modified to incorporate a series of movements and proper exercise techniques to help increase overall stamina.

Set to music to rejuvenate you, this class is done while sitting on a chair so the pelvis and hips are stabilized, enabling easier movement of the torso and arms without fear of injury or strain. Optional standing posture alternatives will be introduced as well, with the use of a chair for balance and support. No mat exercises or lying on the floor. Canes, walkers, and fitness poles welcome.

(*) Adults with any type of arthritis or fibromyalgia are eligible. Participants must be able to walk independently, or if in a wheelchair, they must be able to transfer to a straight-backed chair.

Dates: Mondays
 Session I January 15-February 19 **#310715.1**
 Session II March 5-April 9 **#310715.2**
 Session III April 30-June 11 **#310715.3**
 exclude May 28
Time: 12:00-1:00 p.m.
Place: Clement Manor
 Room 109
 Life Enrichment Center of Clement Manor
Fee per session:
 Resident \$25.50
 Non-Resident \$51.00
Instructor: Vickie Strachota, Arthritis Foundation Certified

WERQ™

ages 16 years and older and adults

WERQ™ is the fiercely fun dance fitness class based on pop, rock, and hip hop music. The signature WERQ™ warm up previews the dance steps used throughout the class, and WERQ's™ unique "3Q1" method of cueing ensures participants are able to follow the instructor with ease. Students blast away calories and build cardiovascular endurance dancing to the latest chart-topping hits. The WERQ™ cool down combines yoga-inspired static stretching with balance poses. Dancers and non-dancers alike love this WERQout. WERQ™ is taught by Certified Fitness Professionals, so the WERQout is safe and effective.

Dates/Times:

Tuesdays
 5:40-6:40 p.m.
 Session I January 16-February 27 **#310781.1**
 exclude February 20
 Session III March 13-April 24 **#310781.3**
 exclude April 3
 Session V May 1-June 5 **#310781.5**
Wednesdays
 5:30-6:30 p.m.
 Session II January 17-February 28 **#310781.2**
 exclude February 14
 Session IV March 14-April 25 **#310781.4**
 exclude March 28
 Session VI May 2-June 6 **#310781.6**

Places:
 Tuesdays Oakley Fisher Center
 Wednesdays Greenfield Community Center
 Jansen Fest Hall

Fee per session:
 Resident \$26.00
 Non-Resident \$52.00

Instructors:
 Tuesdays Allison Zimmermann
 Wednesdays Brooke McMillan and Dana Peck,
 Certified WERQ™ Instructors

Note: Please bring a yoga mat.

Free "Try It-You'll Like It" Days!

Come find out why everyone is raving about this new wildly addictive cardio dance workout!
 Tuesday, January 9 or Wednesday, January 10
 5:30-6:30 p.m.
 Greenfield Community Center-Jansen Fest Hall
 Advanced registration not necessary – just sign-in at class to give it a try!

Strong by Zumba®

adults

Are you looking for a more challenging, high intensity interval training workout? Strong by Zumba® was crafted to drive the intensity in a challenging progression that provides a total body workout. Moving in sync with music makes you work harder. This class will push you past plateaus to help you reach your fitness goals faster. Using your own body weight, you will gain muscular endurance, tone, and definition, and you will experience an increased after burn.

Dates: Tuesdays
 Session I January 16-February 27 **#310755.1**
 exclude February 20
 Session II March 13-April 24 **#310755.2**
 exclude April 3
 Session III May 1-June 5 **#310755.3**
Time: 6:50-7:50 p.m.
Place: Greenfield Community Center
 Jansen Fest Hall
 Resident \$26.00
 Non-Resident \$52.00
 Cilla Baker, Certified

Free "Try It-You'll Like It" Day!

Tuesday, January 9
 6:50-7:50 p.m.
 Greenfield Community Center-Jansen Fest Hall
 Advanced registration not necessary – just sign-in at class to give it a try!

Perfect Mix Pilates

ages 16 years and older and adults

During this low-impact total body workout you will achieve a balanced body by performing a mix of flowing Pilates movements with the addition of some traditional yoga positioning. Exercises will strengthen and stabilize your core and increase the strength, flexibility, mobility, and posture of your entire body. Each move can be modified making it a perfect choice for any fitness level. Come and join us, your body will thank you!

Dates: Thursdays
 Session I January 18-March 1 **#310724.1**
 Session II March 15-May 3 **#310724.2**
 exclude April 5
Time: 9:15-10:15 a.m.
Place: Historic Hose Tower
 (5699 Parking Street)
Fee per session: Resident \$55.00
 Non-Resident \$65.00
Instructor: Megan Mermal, NAFC Certified Pilates Mat 1 & 2 Coach, Group Fitness Trainer

Note: Participants should wear comfortable clothing and bring a yoga mat.

Get Fit...

Stay Fit



NEW! **Lunchtime Meditation and Stretch**
adults

Unlock the secret connection between stretching and meditation with this new program that provides excellent physical and mental preparation. You will find yourself sitting more comfortably, enhancing your posture, and breathing more effectively. Also practice being more mindful, discovering greater self-knowledge, and boosting energy levels.

Dates/Fees: Tuesdays
Session I January 30-March 20 exclude February 20 Resident \$21.00 Non-Resident \$42.00 **#310718.1**
Session II April 17-May 22 Resident \$18.00 Non-Resident \$36.00 **#310718.2**
Time: 12:30-1:30 p.m.
Place: Greenfield Community Center Studio
Instructor: Chris Jansen

Free "Try It-You'll Like It" Days!
Tuesday, January 23 or April 10
12:30-1:30 p.m.

Greenfield Community Center-Studio

Advanced registration not necessary – just sign-in at class to give it a try!

Simple Joy Yoga
adults and seniors

Simple Joy Yoga is a relaxing, gentle flow appropriate for both the new and experienced student. Instruction is based on individual level and knowledge. Breathing and relaxation techniques are emphasized. Join us to experience the union of mind, body, and spirit that is yoga.

Dates/Times: Thursdays 8:15-9:15 a.m.
Session I January 18-March 22 exclude March 8 **#310771.1**
Session III April 12-May 31 **#310771.3**
Fridays 9:15-10:15 a.m.
Session II January 19-March 23 exclude March 9 **#310771.2**
Session IV April 13-June 1 **#310771.4**
Place: Community Learning Center
5647 Broad Street
(Lower Level)

Fee per session:
Session I & II Resident \$65.00 Non-Resident \$75.00
Session III & IV Resident \$57.00 Non-Resident \$67.00
Instructor: Cari Terry, Certified Yoga Teacher, Yoga Fit

Note: Please bring your own yoga mat. A block and strap are also useful, but not necessary.

If a registrant is a Simple Joy yoga student with Cari, they will receive the resident rate if mentioning the program upon registration.

Zumba® Gold
adults

A lower impact, easy to follow, Latin-inspired dance fitness-party™ that keeps you in the groove of life.

Get hooked on this new fitness work out that is healthy, beneficial and FUN. Zumba® fuses hypnotic Latin rhythms, fast and slow dance moves, and resistance training to tone and sculpt your body while burning fat.

Dates: Tuesdays
Session I January 16-February 27 exclude February 20 **#310742.1**
Session III March 13-April 24 exclude April 3 **#310742.3**
Session V May 8-June 12 **#310742.5**
Thursdays
Session II January 18-February 22 **#310742.2**
Session IV March 15-April 19 **#310742.4**
Session VI May 10-June 14 **#310742.6**
Time: 10:15-11:15 a.m.
Place: Greenfield Community Center
Jansen Fest Hall
Fee per session: Resident \$26.00 Non-Resident \$52.00
Instructor: Kaye Kass, Zumba® Certified

Morning Muscles
ages 50 years and older and seniors

A different kind of heart health! Join us every Tuesday and Friday morning for a healthier version of the coffee klatch. We all begin where we are able and support each other while we stretch and build muscle. Good for your soul and body. Feel good inside and out!

Dates: Tuesdays and Fridays **#310703.1**
Now through June 29, 2018
excluding GSD school holidays
Time: 10:00-10:30 a.m.
Place: St. Luke's Lutheran Church
(6705 Northway)
Fee: Resident \$40.00 Non-Resident \$50.00
Instructor: Meri Misko
Note: This class includes a "FREE" Greendale Senior Social Club membership through June 29, 2018. Wear comfortable clothes for stretching and bending.

Greendale Park and Recreation



Sale of Greendale Village Center/Gazebo Square Gift Certificates!

Village Center/Gazebo Square Gift Certificates will be available for sale at the Greendale Park and Recreation Department (5647 Broad Street). Certificates are in \$5.00 and \$10.00 denominations. Cash, Local Check (with ID), or Credit Card (VISA, MasterCard, Discover) are acceptable forms of payment.

Hours for purchase:
Mondays through Friday,
8:00 a.m.-4:30 p.m.
Tuesdays
8:00 a.m.-6:30 p.m.

Consider giving a gift with multiple business options for that "hard to buy for" person!

