

HEALTH & WELLNESS

Tone & Stretch

ages 16 years and older



In this class you will complete a series of eight hand weight exercises set to music to tone and strengthen your body. The second half of class will be used to wind down from your busy day and just stretch. With head to toe emphasis, you will relax those tight muscles, help prevent joint stiffness, improve your digestion and help promote a restful night's sleep. Everyone can benefit from a good stretch. This class is approximately 80% standing and 20% on your personal yoga mat - please bring! Exercises can be modified with assistance of or seated in a chair.

Dates: Thursdays
June 15- July 27
exclude July 6
#110774.1

Time: 6:55-7:55 p.m.

Place: Greenfield Community Center, Jansen Fest Hall

Fee: Resident \$26.00
Non-Resident \$39.00

Instructor: Diane Maegli-Hippert



Morning Muscles

ages 50 years and older



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
Now through June 30, 2024
excluding GSD school holidays
#110703.1

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 30, 2024. Wear comfortable clothes for stretching and bending.

Important Fitness Note


Before you start any exercise program you should consult with your physician, especially if you are over 35 years of age, are taking any form of medication, have not exercised regularly, or if you have had any symptoms of heart disease or other serious illness that might affect your ability to exercise.

Body"Works"

ages 16 years and older

Kick start the summer 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:	<u>Mondays</u>		#110704.1
Session I	June 19-August 21 exclude July 3		
	<u>Wednesdays</u>		
Session II	June 21-August 23 exclude July 5		#110704.2
	<u>Mondays and Wednesdays</u>		
Session III	June 19-August 23 exclude July 3 & 5		#110704.3
Times:	6:30-7:00 p.m.		
Place:	Greendale High School Orchestra Room Enter at Performing Arts door on back of school.		
Fees per session:			
SI or II	Resident \$35.00 Non-Resident \$40.00		
SIII	Resident \$58.00 Non-Resident \$63.00		
Instructor:	Meri Misko		
Note:	No "mixing" of sessions. Bring exercise mat and water bottle for each class.		

Mind - Body - Spirit



Get Fit...Stay Fit





Greendale Community Concert Band

New Members Welcome at Any Time!

We are looking for new members and encourage anyone who plays a band instrument to come and join us. Membership is open to any adult or High School student with an interest in learning and playing concert music. Greendale has a very active Community Band which performs at numerous civic and cultural events in the area year-round. The Band's repertoire includes standard Symphonic Band repertoire, patriotic music, marches, Broadway/movie show tunes and big band numbers. Members of the band are all volunteers, some are even retired music educators! There are no fees or dues required to join. Just bring your talent, your desire and your commitment. So, pick up that instrument, dust it off and come join us!

If you are interested and can commit to the organization, please contact the Greendale Park and Recreation Department at 414.423.2790.

An affiliate of Greendale Park and Recreation

Parkinson's Exercise Class

adults with Parkinson's



This exercise class is designed for people with Parkinson's disease. For an entire hour, this class will incorporate stretches, balance and walking drills, vocal and strength training, dancing and boxing. There is also focus on deep breathing and relaxation techniques. Within a few weeks, you will notice that exercising does, without a doubt, slow down the progression of Parkinson's and improve the quality of your daily living, while having fun and camaraderie.

Dates: Wednesdays
 Session I June 21-July 26 **#110718.1**
 exclude July 5
 Session II August 2-September 6 **#110718.2**
 exclude August 23
Time: 10:20-11:20 a.m.
Place: Greenfield Community Center
 Jansen Fest Hall
Fee per session: Resident \$22.00
 Non-Resident \$33.00
Instructor: Mary Wood, Parkinson Exercise Certified

Note: Please wear comfortable clothing, bring a water bottle and towel. Floor exercise will be incorporated; however, modifications will be provided for various populations and/or environmental conditions to ensure a safe and effective setting for all class participants.

OUTINGS FUN! Preschool
AFTER-SCHOOL PROGRAMMING
ARTS & CRAFTS
ENRICHMENT Lifelong Learning
Teens Youth and Adults
SPORTS SENIOR CITIZENS
Child Care AQUATICS

HEALTH & WELLNESS
 Fall/Winter Programs
 Relaxation
 Music



Proud to serve Greendale in 2023!

GREENDALE PARK AND RECREATION

5647 Broad Street • Greendale

414.423.2790 (press 2)

gpr.greendale.k12.wi.us

Follow us on Facebook,
 Twitter and Instagram!

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: Mondays **#110775.1**
 Session I June 12-July 17
 exclude July 3

Session II July 31-August 28 **#110775.2**

Time: 6:40-7:40 p.m.

Place: Greenfield Community Center
 Jansen Fest Hall

Fee per session: Resident \$22.00
 Non-Resident \$33.00

Instructor: Kaye Kass

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:

Session I Tuesdays May 30-July 11 **#110734.1**
 exclude July 4

Session III Thursdays July 25-August 29 **#110734.3**
 June 1-July 6 **#110734.2**
 Session II July 27-August 31 **#110734.4**

Time: 5:40-6:40 p.m.

Place: Greenfield Community Center
 Jansen Fest Hall

Fee per session: Resident \$26.00
 Non-Resident \$39.00

Instructor: Cilla Baker, Yoga Certified

Note: Please bring a yoga mat and filled water bottle.

Heart Smart Club

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 **#110763.1**
 Session I June 5-July 17
 exclude July 3

Session II July 24-August 28 **#110763.2**

Time: 8:50-9:40 a.m.

Place: Greenfield Community Center
 Jansen Fest Hall

Fee per session: Resident \$26.00
 Non-Resident \$39.00

Instructor: Vickie Strachota, NETA Certified

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

These symbols indicate the way learning will take place. You may find them on various class descriptions throughout this brochure. Please pay close attention if these symbols are associated with the classes you select!!



Zoom Only



Hybrid

(Zoom or in-person which must be selected at the time of registration and may NOT be changed once class has started.)

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. ★

Core and More

adults

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, add weights to work the upper and lower body, the balance discs to gain stability, and a bit of mat work to round it all out.

Dates: Mondays **#110779.1**
 Session I June 5-July 17
 exclude July 3

Session II July 24-August 28 **#110779.2**

Time: 7:50-8:40 a.m.

Place: Greenfield Community Center Jansen Fest Hall

Fee per session: Resident \$26.00
 Non-Resident \$39.00

Instructor: Vickie Strachota, NETA

Note: Bring your own workout mat and a filled bottle of water.



Zumba®

ages 16 years and older



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. Zumba® now includes Zumba® Toning.

Dates/Times: Mondays
 Session I June 12-July 17 **#110728.1**
 exclude July 3
 Session II July 31-August 28 **#110728.2**
Time: 5:30-6:30 p.m.
Place: Greenfield Community Center
 Jansen Fest Hall
Fee per session: Resident \$22.00
 Non-Resident \$33.00
Instructor: Kaye Kass, Zumba® Licensed



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 fitness workout 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 June 13-July 18 **#110742.1**
 exclude July 4
 Session II August 1-29 **#110742.2**
Thursdays
 Session III June 15-July 13 **#110742.3**
 Session IV August 3-31 **#110742.4**
Time: 10:15-11:15 a.m.
Place: Greenfield Community Center
 Jansen Fest Hall
Fee per session: Resident \$22.00
 Non-Resident \$33.00
Instructor: Kaye Kass, Zumba® Certified

Ballet Barre Exercise

ages 16 years and older



The ballet barre is usually associated with dance techniques, but it can also provide an effective workout for non-dancers. This technique will focus on core and abdominal conditioning as well as extremity flexibility. No dance training is required.

Dates: Mondays **#110768.1**
 June 5-19
Time: 6:30-7:15 p.m.
Place: Greenfield Community Center
 Studio
Fee: Resident \$12.00
 Non-Resident \$18.00
Instructor: Miss Denise Lukasik-Sedmak



WERQ™

ages 16 years and older



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 a WERQ™ Certified Fitness Professional, so the WERQout is safe and effective.

Dates: Wednesdays
 Session I June 14-July 19 **#110781.1**
 Session II August 2-September 6 **#110781.2**
Time: 5:30-6:30 p.m.
Place: Greenfield Community Center
 Jansen Fest Hall
Fee per session: Resident \$26.00
 Non-Resident \$39.00
Instructor: Abby Delain, Certified WERQ™
Note: Please bring a yoga mat.

Bender Ball Pilates

adults



The secret to great results! The Pilates Bender Ball Method is a unique workout that incorporates props to optimize your workout and prevent injury. The Pilates Bender Ball Method targets key muscle groups with dynamic movements at a deeper level to access and strengthen your core muscles like you never have before.

Dates: Tuesdays
 Session I May 30-July 11 **#110782.1**
 exclude July 4
 Session II July 25-August 29 **#110782.2**
Time: 6:50-7:40 p.m.
Place: Greenfield Community Center
 Jansen Fest Hall
Fee per session: Resident \$26.00
 Non-Resident \$39.00
Instructor: Cilla Baker
Note: Please bring a yoga mat and filled water bottle.

