

HEALTH & WELLNESS

Easy Yoga for Mobility and Strength

55 years of age and older

If you are feeling tight, need to move more, want to get stronger without going to the gym and laugh a little, join us Tuesdays and/or Fridays. We do gentle, flow yoga with modifications for every body and ability. This is not your traditional serious yoga class. But, we do practice belly breathing, moving through poses slowly, and combining the two to breathe while you move and move while you breathe.

This is a class for truly everyone who needs a little movement, a little strength work, and a little laughter in their lives. We have people in class who can barely move and just want to improve mobility, and people for whom this class is breath practice.

Come join us!

Dates: Tuesdays
Session I June 14-July 12 #110776.1
Session III July 26-August 30 #110776.3
exclude August 9
Fridays

Session II June 17-July 15 #110776.2
Session IV July 29-August 26 #110776.4
9:00-10:00 a.m.

Place: Greenfield Community Center
Jansen Fest Hall

Fee per session: Resident \$21.00
Non-Resident \$32.00

Instructor: Paul Warloski

Note: Registrants must be able to comfortably get up and down off the floor and stand safely with or without a chair for support. Please bring your own mat or large folded blanket.

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 and adults

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: Mondays
Session I June 13-August 22 #110704.1
exclude July 4

Session II Wednesdays
June 15-August 24 #110704.2
exclude July 6

Session III Mondays and Wednesdays
June 13-August 24 #110704.3
exclude July 4 & 6

Times:
6/13-7/27
8/1-8/24

Place: 7:15-7:45 p.m.
6:30-7:00 p.m.
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.

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.)

Mind - Body - Spirit



Get Fit...Stay Fit



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 #110703.1
 Now through June 30, 2023
 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 30, 2023. Wear comfortable clothes for stretching and bending.

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 15-July 13 #110718.1
 Session II #110718.2
 Monday July 25
 Wednesdays August 3-31
 exclude August 10
Time: 10:30-11:30 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.



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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
June 20-August 22
exclude July 4 & August 8

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

Place: Greenfield Community Center
Jansen Fest Hall

Fee per session: Resident \$35.00
Non-Resident \$52.00

Instructor: Kaye Kass

Stretch to Relax

ages 16 years and older and adults

It is time 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 good restful night's sleep. Everyone and everybody can benefit from a good stretch! This class is approximately 80% standing and 20% on your personal yoga mat!

Dates: Thursdays #110773.1
June 16-August 18
exclude July 7 & August 4

Time: 8:10-8:40 p.m.

Place: Greenfield Community Center
Jansen Fest Hall

Fee: Resident \$24.00
Non-Resident \$36.00

Instructor: Diane Maegli-Hippert, Hot Hula Certified

Note: Bring a workout mat and a filled bottle of water. Exercises can be modified to be done with assistance of, or seated in a chair.



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 #110734.1
June 14-July 19
Session III August 2-September 13 #110734.3
exclude August 9

Session II Thursdays #110734.2
June 16-July 21
Session IV August 4-September 8 #110734.4
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.

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. ★

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 #110763.1
Session I June 13-July 25
exclude July 4

Session III August 1-September 12 #110763.3
exclude September 5

Session II Wednesdays #110763.2
June 8-July 27
exclude June 22 & July 20

Session IV August 3-September 7 #110763.4
9:10-10:00 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.

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 13-July 25
exclude July 4

Session II August 1-September 12 #110779.2
exclude September 5

Time: 8:00-8:50 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 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. Zumba® now includes Zumba® Toning.

Dates/Times:

	Mondays	#110728.1
Session I	5:30-6:30 p.m. June 20-August 22 exclude July 4 & August 8	
	Wednesdays	#110728.2
Session II	6:45-7:45 p.m. June 22-August 24 exclude July 20 & August 17	
Place:	Greenfield Community Center Jansen Fest Hall	
Fee per session:	Resident \$35.00 Non-Resident \$52.00	
Instructors:	Kaye Kass, Zumba® Licensed Wednesdays Kayla Glainyk, 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	#110742.1
Session I	June 21-August 23 exclude August 9	
	Thursdays	#110742.2
Session II	June 23-August 18 10:15-11:15 a.m.	
Time:	Greenfield Community Center Jansen Fest Hall	
Place:	Resident \$40.00 Non-Resident \$60.00	
Fee per session:	Kaye Kass, Zumba® Certified	
Instructor:		

Ballet Barre Exercise

ages 16 years and older and adults



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 June 6-27	#110768.1
Time:	6:30-7:15 p.m.	
Place:	Greenfield Community Center Studio	
Fee:	Resident \$16.00 Non-Resident \$24.00	
Instructor:	Miss Denise Lukasik-Sedmak	



NEW!

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

Dates:	Wednesdays	#110781.1
Session I	June 15-July 20	
Session II	August 3-September 7	#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.	

NEW!

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	#110782.1
Session I	June 14-July 19	
Session II	August 2-September 13 exclude August 9	#110782.2
Time:	6:50-7:50 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.	

Hula Fit

ages 16 years and older and adults



Come experience the dances of the Pacific Islands, set to the sounds of the Polynesian drum beats, in this total body dance workout. Isolate your larger muscle groups, increase your strength and definition to your core with specific emphasis on the abs, glutes, quads, and arms. From the time you enter the studio, take off your shoes, slip on a hip wrap (available to use at class or bring your own), you will transport your mind to the Pacific Islands while you dance, burn calories, and have fun!

Dates:	Thursdays	#110741.1
	June 16-August 18 exclude July 7 & August 4	
Time:	6:55-7:55 p.m.	
Place:	Greenfield Community Center Jansen Fest Hall	
Fee:	Resident \$35.00 Non-Resident \$52.00	
Instructor:	Diane Maegli-Hippert, Hot Hula Certified	
Note:	Bring a filled bottle of water.	