

HEALTH & WELLNESS

Body“Works”

ages 16 years and older and adults

Kick start the fall 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:
 Session I Mondays **#210704.1**
 September 19-December 5
 Session II Wednesdays **#210704.2**
 September 21-December 14
 exclude November 23
 Session III Mondays & Wednesdays **#210704.3**
 September 19-December 14
 exclude November 23 & December 12
Time: 6:30-7:15 p.m.
Place: Greendale Middle School
 Upper Gym
Fees per session:
 Session I or II Resident \$60.00
 Non-Resident \$70.00
 Session III Resident \$90.00
 Non-Resident \$100.00
Instructor: Meri Misko
Note: No “mixing” of sessions. Bring exercise mat and water bottle for each class.

Participants may register for this program beginning September 6th by calling the Park and Recreation office at 414-423-2790.



“Women Only” 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: Saturdays **#210780.1**
 September 24-November 19
 exclude October 22
Time: 10:00-11:00 a.m.
Place: Greendale High School
 Room 58 (Dance Room)
 Use Back Entrance - #C20
Fee: Resident \$25.00
 Non-Resident \$35.00
Instructor: Kayla Glainyk, Zumba® Licensed

Important Fitness Note:

Before you start any exercise program you should consult with your physician, especially if you are taking 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.

Greendale Residents Only 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? You are encouraged to start a healthier lifestyle, or continue your healthier lifestyle, by participating in this “indoor” walking opportunity!

Greendale Entertainment Association would like to encourage your participation in starting a healthier lifestyle, or continuing to be healthier, by sponsoring this program this Fall!

Dates: Mondays, Wednesdays, and Thursdays **#210705.1**
 September 26-December 1
 exclude October 3, 12, 13, 24, November 7, 21, 23 & 24
Time: 6:15-7:30 p.m.
Place: Greendale High School
 Main, Upper Hallway-please enter through back entrance
 “Greendale Performing Arts” Wing (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 Eberhardt
Note: The program costs for this fall’s walking program are being
 sponsored by the “**Greendale Entertainment Association**”...
 thank you to them for their generous donation to make this FREE program
 possible!



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
 Session I September 21-October 19 #210781.1
 Session II November 2-December 14 #210781.2
 exclude November 9 & 23

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: Abby Delain, Certified WERQ™

Note: Please bring a yoga mat.

Easy Yoga for Mobility and Strength

adults



If you are feeling tight, need to move more, want to get stronger without going to the gym and laugh a little, join us for this class. 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: Fridays
 Session I September 16-October 21 #210776.1
 Session II November 4-December 16 #210776.2
 exclude November 25

Time: 9:00-10:00 a.m.

Place: Greenfield Community Center
 Jansen Fest Hall

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

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.

Participants may register for Session I of this program beginning September 6th by calling the Park and Recreation office at 414-423-2790.

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 #210703.1
 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.

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 workout that is healthy, beneficial and FUN. Zumba® fuses hypnotic Latin rhythms and a combination of easy-to-follow fast and slow dance moves and resistance training to tone and sculpt your body while burning fat.

Dates: Tuesdays
 Session I September 27-December 6 #210742.1
 exclude November 8

Session II Thursdays
 September 29-December 8 #210742.2
 exclude November 24

Time: 10:15-11:15 a.m.

Place: Greenfield Community Center
 Jansen Fest Hall

Fee per session: Resident \$44.00
 Non-Resident \$66.00

Instructor: Kaye Kass, Zumba® Licensed

Participants may register for Session I of this program beginning September 6th by calling the Park and Recreation office at 414-423-2790.



FUN RUN/WALK
SAVE THE DATE
SUNDAY, OCTOBER 23, 2022



Check bit.ly/stepupfunrun for more details

Zumba®

ages 16 years and older and adults

Wed
Mon

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:

Session I Mondays 5:30-6:30 p.m. #210728.1
September 26-December 5
exclude November 7

Session II Wednesdays 6:45-7:45 p.m. #210728.2
September 28-December 7
exclude November 9

Place: Greenfield Community Center
Jansen Fest Hall

Fee per session: Resident \$44.00
Non-Resident \$66.00

Instructors:
Mondays Kaye Kass, Zumba® Licensed
Wednesdays Kayla Glainyk, Zumba® Licensed



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 #210775.1
September 26-December 5
exclude November 7

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

Place: Greenfield Community Center
Jansen Fest Hall

Fee: Resident \$44.00
Non-Resident \$66.00

Instructor: Kaye Kass



"We're Making Lives Better"™

Holding Hands homecare

Assisted Living, in your own home, with your own private Caregiver

Companionship, Meals, Laundry/Light Housekeeping, Errands, Personal Shopping, Grooming, Respite Care, Bathing, Incontinence Care, Medication Reminders

Call today for a FREE Caring Consult 414.255.6609
www.holdinghandshomecare.com

- roofing New & Repairs
- siding
- windows
- doors

Frank-dale
Roofing & Exteriors
FULLY INSURED 414-425-5796

Proudly serving Franklin, Greendale, and surrounding areas
roofingfranklinwi.com

Security Plus
LOCKSMITH SERVICE

TIMOTHY S. BOYEA
- Locksmith -

414/282-7778
4145 W. Loomis Road
Greenfield

Home • Office • Commercial

Re-Keying Repairing Lock Installation

Bartz's

FLOOR COVERING

Carpet, Vinyl, Laminates, Hardwood Floors & Luxury Vinyl Tile

11360 W. Forest Home Avenue • Franklin
(414) 529-7770

Hours: Monday - Friday 9 - 5 Saturday 9 - 3

FREE ESTIMATES

UTTKE & SONS, INC.

Heating and Air Conditioning

75 YEARS OF QUALITY SERVICE 4th Generation Owner • Family Owned Since 1946

4209 S. Howell Ave. **414-483-2159** www.uttkeheating.com

Parkinson's Exercise Class

age 55+ 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 September 21-October 26 #210718.1
 Session II November 16-December 21 #210718.2
Time: 10:30-11:30 a.m.
Place: Greenfield Community Center
 Jansen Fest Hall
Fee per session: Resident \$27.00
 Non-Resident \$40.00
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.

Participants may register for Session I of this program beginning September 6th by calling the Park and Recreation office at 414-423-2790.

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
 September 20-December 6 #210782.1
 exclude October 4 and November 8
Time: 6:50-7:50 p.m.
Place: Greenfield Community Center
 Jansen Fest Hall
Fee: Resident \$44.00
 Non-Resident \$66.00
Instructor: Cilla Baker
Note: Please bring a yoga mat and filled water bottle.

Participants may register for this program beginning September 6th by calling the Park and Recreation office at 414-423-2790.

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 September 20-November 1 #210734.1
 exclude October 4
 Session III November 15-December 20 #210734.3
Thursdays
 Session II September 22-November 3 #210734.2
 exclude October 6
 Session IV November 10-December 22 #210734.4
 exclude November 24
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 a filled water bottle.

Participants may register for Sessions I and II of this class beginning September 6th by calling the Park and Recreation office at 414-423-2790.

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 #210779.1
 September 26-December 12
 exclude October 3, 17; November 7; & December 5
Time: 8:00-8:50 a.m.
Place: Greenfield Community Center
 Jansen Fest Hall
Fee: Resident \$34.00
 Non-Resident \$51.00
Instructor: Vickie Strachota, NETA
Note: Bring your own workout mat and a filled bottle of water.

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
 Session I September 15-October 13 #210741.1
 Session II October 20-December 1 #210741.2
 exclude November 17 & 24
Time: 6:55-7:55 p.m.
Place: Greenfield Community Center
 Jansen Fest Hall
Fee per session: Resident \$22.00
 Non-Resident \$33.00
Instructor: Diane Maegli-Hippert, Hot Hula Certified
Note: Bring a filled bottle of water.

Participants may register for Session I of this program beginning September 6th by calling the Park and Recreation office at 414-423-2790.

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! Exercises can be modified to be done with assistance of, or seated in, a chair.

Dates: Thursdays
 Session I September 15-October 13 #210773.1
 Session II October 20-December 1 #210773.2
 exclude November 17 & 24
Time: 8:10-8:40 p.m.
Place: Greenfield Community Center
 Jansen Fest Hall
Fee per session: Resident \$15.00
 Non-Resident \$22.00
Instructor: Diane Maegli-Hippert, Hot Hula Certified
Note: Bring a workout mat and a filled bottle of water.

Participants may register for Session I of this program beginning September 6th by calling the Park and Recreation office at 414-423-2790.