

# HEALTH & WELLNESS

## 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 Step Up to Better Health** 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 #310705.1  
January 25 (Wednesday)-March 30  
exclude February 6 & 27, March 6, 16 & 20

**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 Step Up to Better Health"...thank you to them for their generous donation to make this FREE program possible!

## 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 #310775.1  
January 16-March 13  
exclude February 20

Session I  
Session II  
April 10-June 5  
exclude May 29

**Time:** 6:40-7:40 p.m.  
**Place:** Greenfield Community Center  
Jansen Fest Hall

**Fee per session:** Resident \$35.00  
Non-Resident \$53.00

**Instructor:** Kaye Kass

**Participants may register for Session I of this class beginning January 3rd 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 #310773.1  
January 19-March 2  
April 6-May 18

Session I  
Session II  
**Time:** 8:10-8:40 p.m.  
**Place:** Greenfield Community Center  
Jansen Fest Hall

**Fee per session:** Resident \$21.00  
Non-Resident \$31.50

**Instructor:** Diane Maegli-Hippert, Hot Hula Certified

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

## Parkinson's Exercise Class



adults with Parkinson's ages 55+

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 January 4-March 15 #310718.1  
exclude January 18 & 25

Session II March 29-May 31 #310718.2  
exclude April 26

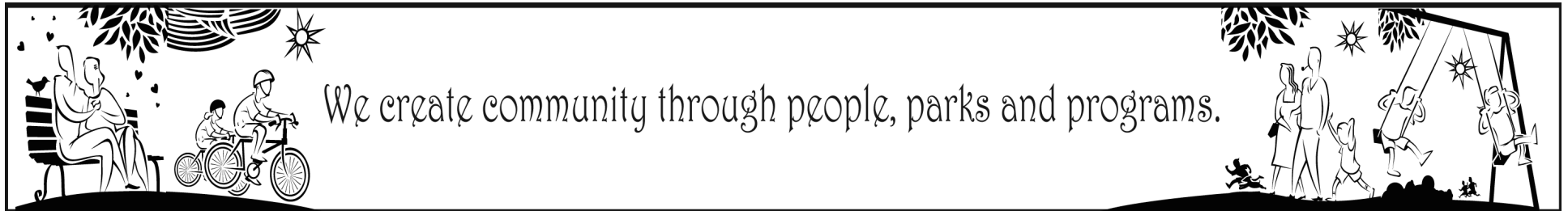
**Time:** 10:20-11:20 a.m.  
**Place:** Greenfield Community Center  
Jansen Fest Hall

**Fee per session:** Resident \$39.00  
Non-Resident \$58.00

**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 December 28th by calling the Park and Recreation office at 414-423-2790.**



We create community through people, parks and programs.

## 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:**

	<u>Mondays</u>	
Session I	January 23-March 13	<b>#310704.1</b>
Session IV	March 27-May 15	<b>#310704.4</b>
	<u>Wednesdays</u>	
Session II	January 25-March 15	<b>#310704.2</b>
Session V	March 29-May 17	<b>#310704.5</b>

	<u>Mondays &amp; Wednesdays</u>	
Session III	January 23-March 15	<b>#310704.3</b>
Session VI	March 27-May 17	<b>#310704.6</b>

**Time:** 6:30-7:15 p.m.  
**Place:** Greendale Middle School Upper Gym

**Fees per session:**  
 SI, II, IV, or V Resident \$40.00  
 Non-Resident \$50.00  
 SIII or VI Resident \$67.00  
 Non-Resident \$77.00

**Instructor:** Meri Misko  
**Note:** No “mixing” of session. Bring exercise mat, towel, and filled water bottle for each class.

Registrants must be able to stand up on your own from a laying down position, and maneuver stairs.

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.)

## 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  
 Now through June 30, 2023  
 excluding GSD school holidays  
**#310703.1**

**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, 2023. Wear comfortable clothes for stretching and bending.

## 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:** Mondays  
 Session I January 16-March 13  
 exclude February 20  
**#310728.1**

Session II April 10-June 5  
 exclude May 29  
**#310728.2**

**Time:** 5:30-6:30 p.m.  
**Place:** Greenfield Community Center  
 Jansen Fest Hall

**Fee per session:** Resident \$35.00  
 Non-Resident \$53.00

**Instructor:** Kaye Kass, Zumba® Licensed



**Participants may register for Session I of this class beginning January 3rd by calling the Park and Recreation office at 414-423-2790.**

## 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 January 13-March 17  
 exclude January 20 & March 10  
**#310776.1**  
 Session II March 31-June 2  
 exclude April 28  
**#310776.2**

**Time:** 9:00-10:00 a.m.  
**Place:** Greenfield Community Center  
 Jansen Fest Hall

**Fee per session:** Resident \$35.00  
 Non-Resident \$53.00  
**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.

**Participants may register for Session I of this program beginning January 3rd by calling the Park and Recreation office at 414-423-2790.**



Remember to set up your household account, if you intend to use our online registration process, at least 7 business days before you plan to register. Please go to the website below and click on "Create Account." Then fill out the information and hit submit and we will verify your information and you will be ready to register for classes online! Note: If, when trying to set up a household account, you get an error message about a duplicate household, please call or stop by the office to verify your information and get your online household information for future use.

<https://web2.myvscloud.com/wbWSC/wigreendalewt.wsc/splash.html>



Most of the activities will be available for online registration for Winter/Spring beginning January 7.



## Zumba® Gold

adults 55 years and older



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

Get hooked on this 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.

<b>Dates:</b>	<u>Tuesdays</u>	
Session I	January 17-March 14 exclude February 21	<b>#310742.1</b>
Session III	April 11-May 30	<b>#310742.3</b>
	<u>Thursdays</u>	
Session II	January 19-March 16 exclude February 23	<b>#310742.2</b>
Session IV	April 13-June 1	<b>#310742.4</b>
<b>Time:</b>	10:15-11:15 a.m.	
<b>Place:</b>	Greenfield Community Center Jansen Fest Hall	
<b>Fee per session:</b>	Resident \$35.00 Non-Resident \$53.00	
<b>Instructor:</b>	Kaye Kass, Zumba® Certified	

**Participants may register for Session I or Session II of this program beginning January 3rd 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.

<b>Dates:</b>	<u>Tuesdays</u>	
Session I	January 17-March 14 exclude February 21	<b>#310734.1</b>
Session III	March 28-May 23 exclude April 4	<b>#310734.3</b>
	<u>Thursdays</u>	
Session II	January 19-March 16 exclude February 23	<b>#310734.2</b>
Session IV	April 6-May 25	<b>#310734.4</b>
<b>Time:</b>	5:40-6:40 p.m.	
<b>Place:</b>	Greenfield Community Center Jansen Fest Hall	
<b>Fee per session:</b>	Resident \$53.00 Non-Resident \$52.00	
<b>Instructor:</b>	Cilla Baker, Yoga Certified	
<b>Note:</b>	Please bring a yoga mat and a filled water bottle.	

**Participants may register for Session I or Session II of this class beginning January 3rd 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.

<b>Dates:</b>	<u>Mondays</u>	
Session I	January 16-March 6	<b>#310779.1</b>
Session II	March 20-May 8	<b>#310779.2</b>
<b>Time:</b>	7:50-8:40 a.m.	
<b>Place:</b>	Greenfield Community Center Jansen Fest Hall	
<b>Fee per session:</b>	Resident \$35.00 Non-Resident \$53.00	
<b>Instructor:</b>	Vickie Strachota, NETA	
<b>Note:</b>	Bring your own workout mat and a filled bottle of water.	

**Participants may register for Session I of this program beginning January 3rd by calling the Park and Recreation office at 414-423-2790.**

## 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.

<b>Dates:</b>	<u>Wednesdays</u>	
Session I	January 18-March 8	<b>#310781.1</b>
Session II	March 29-May 17	<b>#310781.2</b>
<b>Time:</b>	5:30-6:30 p.m.	
<b>Place:</b>	Greenfield Community Center Jansen Fest Hall	
<b>Fee per session:</b>	Resident \$35.00 Non-Resident \$53.00	
<b>Instructor:</b>	Abby Delain, Certified WERQ™	
<b>Note:</b>	Please bring a yoga mat.	

**Participants may register for this program beginning January 3rd 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.

<b>Dates:</b>	<u>Tuesdays</u>	
Session I	January 17-March 14 exclude February 21	<b>#310782.1</b>
Session II	March 28-May 23 exclude April 4	<b>#310782.2</b>
<b>Time:</b>	6:50-7:50 p.m.	
<b>Place:</b>	Greenfield Community Center Jansen Fest Hall	
<b>Fee per session:</b>	Resident \$35.00 Non-Resident \$53.00	
<b>Instructor:</b>	Cilla Baker	
<b>Note:</b>	Please bring a yoga mat and filled water bottle.	

**Participants may register for Session I of this program beginning January 3rd by calling the Park and Recreation office at 414-423-2790.**