

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?

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 Winter/Spring!

Dates: Mondays, Wednesdays, and Thursdays **#310705.1**
January 17-March 24
exclude January 19, 24; February 7, 17, 21; March 7 and 10

Time: 6:15-7:30 p.m.
Place: Greendale High School
Main, Upper Hallway-please enter through back entrance
"Performing Arts Center 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 winter/spring'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!

Participants may register for this program beginning January 4th by calling the Park and Recreation office at 414-423-2790

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 17-March 14
exclude February 14

Session II
March 28-May 23
exclude April 4

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

Participants may register for Session I of this class beginning January 4th 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**
February 3-March 10
April 7-May 12 **#310773.2**

Session II
7:00-7:30 p.m.
Place: Greenfield Community Center
Jansen Fest Hall

Fee per session: Resident \$18.00
Non-Resident \$27.00

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

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 12-March 16 **#310718.1**

Session II March 30-June 1 **#310718.2**
exclude February 16
exclude April 6

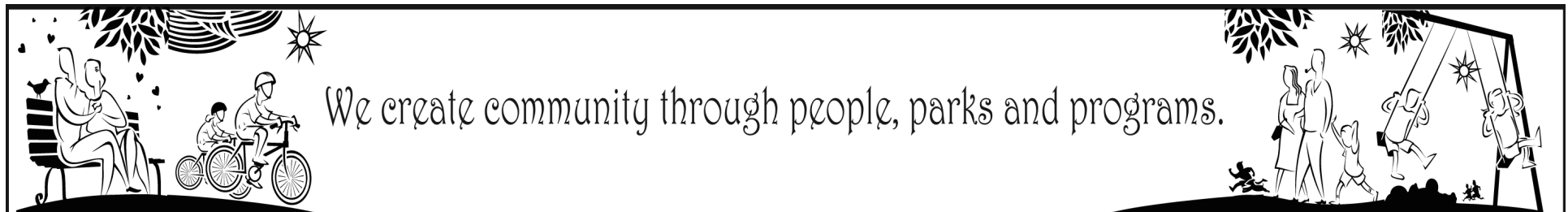
Time: 10:30-11:30 a.m.
Place: Greenfield Community Center
Jansen Fest Hall

Fee per session: Resident \$36.00
Non-Resident \$54.00

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 January 4th by calling the Park and Recreation office at 414-423-2790.



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 24-March 14 | #310704.1 |
| Session IV | March 28-May 16 | #310704.4 |
| | <u>Wednesdays</u> | |
| Session II | January 26-March 16 | #310704.2 |
| Session V | March 30-May 18 | #310704.5 |
| | <u>Mondays & Wednesdays</u> | |
| Session III | January 24-March 16 | #310704.3 |
| Session VI | March 28-May 18 | #310704.6 |

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

Fees per session:

| | | |
|------------------|----------------------|---|
| SI, II, IV, or V | Resident \$37.00 |  |
| | Non-Resident \$47.00 | |
| SI or VI | Resident \$66.00 | |
| | Non-Resident \$76.00 | |

Instructor:

Meri Misko

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

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

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 28, 2022
 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 28, 2022. 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 **#310728.1**
 Session I January 17-March 14
 exclude February 14

Session II **#310728.2**
 March 28-May 23
 exclude April 4

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

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

Instructor: Kaye Kass, Zumba® Licensed

Participants may register for Session I of this class beginning January 4th by calling the Park and Recreation office at 414-423-2790.

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 Wednesdays 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: Wednesdays
 Session I January 19-March 16 **#310776.1**
 exclude February 16

Session III April 6-May 25 **#310776.3**

Session II Fridays
 January 21-March 18 **#310776.2**
 exclude January 28

Session IV April 8-June 3 **#310776.4**
 exclude April 15

Time: 9:00-10:00 a.m.
Place: Greenfield Community Center Studio

Fee per session: Resident \$35.00
 Non-Resident \$52.50

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 or Session II of this program beginning January 4th by calling the Park and Recreation office at 414-423-2790.



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.)

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 April 18-May 23 **#310763.1**
 Wednesdays
 Session II April 20-May 25 **#310763.2**
 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.

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 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 18-March 22 **#310742.1**
 exclude February 15
 Session III April 12-June 7 **#310742.3**
 Thursdays
 Session II January 20-March 17 **#310742.2**
 Session IV April 7-June 2 **#310742.4**
 10:15-11:15 a.m.
Place: Greenfield Community Center
 Jansen Fest Hall
Fee per session: Resident \$40.00
 Non-Resident \$60.00
Instructor: Kaye Kass, Zumba® Certified

Participants may register for Session I or Session II of this program beginning January 4th 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 January 18-March 15 **#310734.1**
 exclude February 15
 Session III April 12-May 31 **#310734.3**
 Thursdays
 Session II January 20-March 17 **#310734.2**
 exclude February 17 **#310734.4**
 Session IV April 14-June 2
Time: 5:40-6:40 p.m.
Place: Greenfield Community Center
 Jansen Fest Hall
Fee per session: Resident \$35.00
 Non-Resident \$52.00
Instructor: Cilla Baker, Yoga Certified
Note: Please bring a yoga mat and a filled water bottle.

Participants may register for Session I or Session II of this class beginning January 4th 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 **#310779.1**
 March 14-May 16
Time: 8:00-8:50 a.m.
Place: Greenfield Community Center
 Jansen Fest Hall
Fee: Resident \$42.00
 Non-Resident \$65.00
Instructor: Vickie Strachota, NETA
Note: Bring your own workout mat and a filled bottle of water.

A few common COVID procedures for participation in park and recreation programs:

1. Staff and participants may be required to wear masks when entering/during/departing from the class/program (at this time, programs involving students 2 years of age through 6th grade are required to wear masks in GSD facilities).
 2. Arrive only 5-10 minutes before class starts, so that if the instructor needs to meet everyone at the door, class can start on time!
 3. Please maintain 6' social distancing while waiting for entry to the building and departing at the conclusion of the class.
 4. Participants will be distanced in the room to the best of our ability.
 5. Hand sanitizer will be provided for the participants to utilize when entering/departing the room or if any time participants feel they are transitioning from one part of the program to another.
 6. Participants will wash hands for 20 seconds with soap and water after using restrooms, and if coughing or sneezing into hands.
 7. Participants are encouraged to bring your own "filled" water bottle to the program as the drinking fountains in the facilities are not available (bottle fillers are). We are promoting hydration as we all work to stay healthy.
 8. The custodial staff/instructors will clean and sanitize classroom, restrooms, and supplies to limit potential spread of germs.
 9. There are no spectators allowed in any facility for any program.
- *COVID procedures subject to change (continual evaluation)*

