

HEALTH & WELLNESS

Tone & Stretch

ages 16 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 6- July 18
exclude July 4

Time: 7:00-8:00 p.m.

Location: Greenfield Community Center
Jansen Fest Hall

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

Instructor: Diane Maegli-Hippert

#110774.1



Morning Muscles

ages 50 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, 2025
excluding GSD school holidays

Time: 10:00-10:30 a.m.

Location: 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, 2025. Wear comfortable clothes for stretching and bending.

#110703.1

Body"Works"

ages 16 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: Mondays
Session I June 17-August 19
exclude July 1 **#110704.1**

Session II Wednesdays
June 19-August 21
exclude July 3 **#110704.2**

Session III Mondays and Wednesdays
June 17-August 21
exclude July 1 & 3 **#110704.3**

Times: 6:30-7:00 p.m.

Location: Greendale High School
Orchestra Room
Enter at Performing Arts door on back of school.

Fees per session:
Session I or II Resident \$35.00
Non-Resident \$40.00
Session III Resident \$58.00
Non-Resident \$63.00

Instructor: Meri Misko

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



NEW! Learning the Art of Relaxation

adults



Join us for an hour to gently move, breathe, release stress and "lighten up" from head to toe. We'll learn easy movements, breathing practices and progressive relaxation routines that help to increase the natural flow of life energy. Class will end with an enjoyable heart-centered meditation so you can return to the rest of your day with a smile.

All levels of experience are welcomed. You are invited to participate within your comfortable capacity. You can choose to do the full body relaxation practices either seated or lying on the floor.

Dates: Mondays
June 24-July 15 **#110701.1**

Time: 10:00-11:00 a.m.

Location: Community Learning Center
5647 Broad Street
(Lower Level)

Fee: Resident \$50.00
Non-Resident \$60.00

Instructor: Lata Massa
200 Hr Registered Yoga Teacher

Note: Please bring a yoga mat and a small cushion or towel.

NEW! Enjoying the Art of Meditation

adults



Students will learn what the benefits of meditation are, how to release tension and relax, how to sit and breathe comfortably, and how to gently focus the mind inwardly using breath or inner sound awareness. In meditation we learn to gather the energy of the mind for a beneficial result. Each class ends with a guided group meditation.

Dates: Mondays
July 22-August 12 **#110702.1**

Time: 10:00-11:00 a.m.

Location: Community Learning Center
5647 Broad Street
(Lower Level)

Fee: Resident \$50.00
Non-Resident \$60.00

Instructor: Lata Massa
200 Hr Registered Yoga Teacher

Note: Please bring a yoga mat and a small cushion or towel.

NEW!

Simple Joy Yoga in the Garden

adults

Come enjoy a Simple Joy Yoga class surrounded by the wonder of the Greendale High School Garden. This slow flow in nature will nourish your body, mind and spirit with gentle stretching, breathwork and meditation. This is an all-levels class, suitable for everyone from beginners to those with an established practice.

Dates:
 Session I Wednesday, June 12 4:00-5:00 p.m. #110778.1
 Session II Saturday, August 24 8:00-9:00 a.m. #110778.2

Location: Greendale High School School Garden (in back)

Rain Location: Multi-Purpose Room (enter from front circular drive)

Fee per session: Resident \$13.00
 Non-Resident \$18.00

Instructor: Cari Terry
 200 Hour Certified Yoga Teacher

Note: Please bring a yoga mat and wear comfy clothes

NEW!

Simple Joy's Family Storytime Yoga

ages 3 and older with parent/caregiver

Yoga is a great way to play and connect with that special kid in your life, especially in the magical setting of the Greendale High School Garden. Class will include a fun warm up game and an interactive story complete with yoga poses. After storytime enjoy a calming, mindful imagination exercise. All ages are welcome to join storytime yoga, however stories and activities are geared toward children ages preschool through second grade.

Dates:
 Session I Saturday, June 15 8:00-8:45 a.m. #110780.1
 Session II Monday, August 19 4:00-4:45 p.m. #110780.2

Location: Greendale High School School Garden (in back)

Rain Location: Multi-Purpose Room (enter from front circular drive)

Fee per session: Resident \$13.00
 Non-Resident \$18.00

Instructor: Cari Terry
 200 Hour Certified Yoga Teacher

Note: Please bring a yoga mat and wear comfy clothes

Simple Joy Yoga

adults

Slow down and nourish your body, mind and spirit with gentle stretching, breathwork and meditation. This class will be done sitting, lying, and standing on a yoga mat on the floor. You will be empowered to adapt movement to your unique physical ability. If you can breathe, you can do yoga. Come enjoy the physical, mental and emotional benefits of this ancient practice.

Dates:
 Session I Wednesdays June 19-July 31 #110771.1
 exclude July 3
 Session II August 7-September 25 #110771.2
 exclude August 14 & 28

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

Location: Community Learning Center
 5647 Broad Street
 (Lower Level)

Fee per session: Resident \$58.00
 Non-Resident \$68.00

Instructor: Cari Terry
 200 Hour Certified Yoga Teacher

Note: Please bring a yoga mat and a firm blanket to each class.

Simple Joy Chair Yoga

adults

Enjoy the effects of yoga without pressure on the wrists, knees and back. If you are dealing with an injury, a chronic condition or simply do not like getting down on the floor, this is the class for you. Options will be given so all students can participate regardless of physical challenges. Each class will include breathwork, stretching and meditation.

Dates:
 Session I Wednesdays June 19-July 31 #110772.1
 exclude July 3
 Session II August 7-September 25 #110772.2
 exclude August 14 & 28

Time: 10:30-11:15 a.m.

Location: Community Learning Center
 5647 Broad Street
 (Lower Level)

Fee per session: Resident \$58.00
 Non-Resident \$68.00

Instructor: Cari Terry
 200 Hour Certified Yoga Teacher

Note: Please bring a yoga mat and a firm blanket to each class.

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 3-July 1
 Session II July 8-August 26 **#110775.2**
 exclude July 15, July 22 & August 12
Time: 6:40-7:40 p.m.
Location: 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 June 4-July 9 **#110734.1**
 exclude June 18
 Session III July 16-August 20 **#110734.3**
 exclude August 13
Thursdays
 Session II June 6-July 18 **#110734.2**
 exclude June 20 & July 4
 Session IV July 25-August 22 **#110734.4**
Time: 5:40-6:40 p.m.
Location: Greenfield Community Center
 Jansen Fest Hall
Fee per session: Resident \$22.00
 Non-Resident \$33.00
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**
 June 3-August 12
 exclude June 17
Time: 8:50-9:40 a.m.
Location: Greenfield Community Center
 Jansen Fest Hall
Fee per session: Resident \$44.00
 Non-Resident \$66.00
Instructor: Vickie Strachota, NETA Certified
Note: Wear aerobic/fitness shoes, bring a towel, a workout mat, and a filled bottle of water.

Parkinson's Exercise Class

ages 55 and older with Parkinson's

This class is designed for people with Parkinson's disease. The class will keep you mentally sharp and physically active. During this one-hour class, participants will perform balance exercises, cardio, work on posture, strength training, stretching and walking drills. Participants will also have fun while dancing, boxing, doing brain activities, and work on vocals and facial exercises. Exercises will be done seated and standing. Individual and partner activities will be performed to enhance the experience and build camaraderie. Within a few weeks, you will notice that exercising does help manage the symptoms of Parkinson's and improve the quality of your daily living, while having fun. Remember, movement is medicine!

Dates: Wednesdays
 Session I June 5-July 17 **#110718.1**
 exclude July 3
 Session II July 24-August 28 **#110718.2**
 10:30-11:30 a.m.
Location: Greenfield Community Center
 Jansen Fest Hall
Fee per session: Resident \$26.00
 Non-Resident \$39.00
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.

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**
 June 3-August 12
 exclude June 17
Time: 7:50-8:40 a.m.
Location: Greenfield Community Center
 Jansen Fest Hall
Fee per session: Resident \$44.00
 Non-Resident \$66.00
Instructor: Vickie Strachota, NETA certified
Note: Bring your own workout mat and a filled bottle of water.

Step It Up Boot Camp

adults

Step Up your fitness level in this 45-minute, cardio & strength Boot Camp style class. Challenge your body as you transition between high and low intensity exercise movements that will have you sweating and your muscles burning. This class is built for EVERYONE with accommodations for a variety of different fitness levels.

Dates:	Tuesdays	
Session I	June 4-July 9 exclude June 18	#110777.1
Session II	July 16-August 20 exclude August 13	#110777.2
Time:	6:50-7:35 p.m.	
Location:	Greenfield Community Center Jansen Fest Hall	
Fee Per Session:	Resident \$22.00 Non-Resident \$33.00	
Instructor:	Cilla Baker	

Zumba®

ages 16 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:	<u>Mondays (5:30-6:30 p.m.)</u>	
Session I	June 3-July 1	#110728.1
Session II	July 8-August 26 exclude July 15 & 22, August 12	#110728.2
	<u>Wednesdays (6:45-7:45 p.m.)</u>	
Session III	June 5-July 10 exclude July 3	#110728.3
Session IV	July 17-August 28 exclude July 31 & August 7	#110728.4
Location:	Greenfield Community Center Jansen Fest Hall	
Fee per session:	Resident \$22.00 Non-Resident \$33.00	
Instructor:	Kaye Kass, Zumba® Licensed	



WERQ™

ages 16 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 5-July 17 exclude July 3	#110781.1
Session II	July 24-August 28	#110781.2
Time:	5:30-6:30 p.m.	
Location:	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.	

Zumba® Gold

ages 55 and older

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:	<u>Tuesdays</u>	
Session I	June 4-July 2	#110742.1
Session II	July 9-August 27 exclude July 16 & 23, August 13	#110742.2
	<u>Thursdays</u>	
Session III	June 6-July 11 exclude July 4	#110742.3
Session IV	August 1-29	#110742.4
Time:	10:15-11:15 a.m.	
Location:	Greenfield Community Center Jansen Fest Hall	
Fee per session:	Resident \$22.00 Non-Resident \$33.00	
Instructor:	Kaye Kass, Zumba® Certified	