

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. Participants must be able to get up and down from floor without assistance.

Dates:		
Session I	Mondays January 20-March 10	#310704.1
Session II	Wednesdays January 22-March 19 exclude February 5	#310704.2
Session III	Mondays & Wednesdays January 20-March 19 exclude February 5 & March 17	#310704.3
Session IV	Mondays March 31-May 19	#310704.4
Session V	Wednesdays April 2-May 21	#310704.5
Session VI	Mondays & Wednesdays March 31-May 21	#310704.6
Time:	6:30-7:15 p.m.	
Location:	Greendale Middle School Upper Gym	
Fees per session:		
Session I, II, IV, V	Resident \$60.00 Non-Resident \$70.00	
Session III, VI	Resident \$90.00 Non-Resident \$100.00	
Instructor:	Meri Misko	
Note:	No “mixing” of sessions. Bring an exercise mat and water bottle for each class.	

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, 2025 excluding GSD school holidays	#310703.1
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.	

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, joint flexibility, balance, strength training, and shapes the entire body inside and out.

Dates:	Mondays	
Session I	January 13-March 3	#310763.1
Session II	March 31-May 19	#310763.2
Time:	8:50-9:40 a.m.	
Location:	Greenfield Community Center Jansen Fest Hall	
Fee per session:	Resident \$35.00 Non-Resident \$53.00	
Instructor:	Vickie Strachota, NETA Certified Instructor	
Note:	Wear aerobic/fitness shoes, clothes for stretching and bending, bring a towel, and a filled bottle of water.	

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 Spring!

Dates:	Mondays, Wednesdays, and Thursdays January 20-April 3 exclude January 27, February 3, 24 and March 3, 17, 19, 20	#310705.1
---------------	--	------------------

Time:	6:15-7:30 p.m.
Location:	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: Part of the program costs for this 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!



Vinyasa Flow

adults



Experience a moving meditation as you allow your breath to guide you through a dynamic sequence of yoga poses that will tone and strengthen the body and help relieve stress. Leave this class refreshed, energized and connected to yourself. This is a slower flow class, allowing ample time to explore and connect with each posture.

Dates: Fridays
 Session I January 17-February 28 #310711.1
 Session II March 21-May 16 #310711.2
 exclude April 4 & 18
Time: 10:15-11:15 a.m.
Location: Greenfield Community Center
 Jansen Hall
Fee per session: Resident \$31.00
 Non-Resident \$46.00
Instructor: Nicole Cruz, Yoga Instructor
Note: Bring your own mat; props will be provided

Simple Joy Gentle Yoga

adults

Slow down and nourish your body, mind and spirit with gentle stretching, breathwork and meditation. You will be empowered to adapt movement to your unique physical ability. Participants must be able to get up and down from the floor. If you can breathe, you can do yoga. Come enjoy the physical, mental and emotional benefits of this ancient practice.

Dates: Wednesdays
 Session I February 19-March 26 #310771.1
 Session II April 16-June 4 #310771.2
 exclude May 7 & 28
Time: 9:00-10:00 a.m.
Location: Greendale Community Church
 6015 Clover Lane
Fee per session:
 Resident: \$66.00
 Non-Resident: \$76.00
Instructor: Cari Terry
 200 Hour Certified Yoga Teacher
Note: Please bring a yoga mat to each class.

Simple Joy Chair Yoga

adults

Enjoy the effects of yoga without added pressure on the knees, wrists 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. All poses will be done seated or standing with the support of a chair. Many options will be given so that all students can participate regardless of physical challenges. Each class will include breathwork and meditation.

Dates: Wednesdays
 Session I February 19-March 26 #310772.1
 Session II April 16-June 4 #310772.2
 exclude May 7 & 28
Time: 10:30-11:15 a.m.
Location: Greendale Community Church
 6015 Clover Lane
Fee per session:
 Resident: \$66.00
 Non-Resident: \$76.00
Instructor: Cari Terry
 200 Hour Certified Yoga Teacher
Note: Please bring a yoga mat 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
 Session I January 13-March 10 #310775.1
 exclude February 17
 Session II March 24-May 19 #310775.2
 exclude March 31
Time: 6:40-7:40 p.m.
Location: Greenfield Community Center
 Jansen Fest Hall
Fee per session: Resident \$35.00
 Non-Resident \$53.00
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: Tuesdays
 Session I January 14-March 11 #310734.1
 exclude February 18
 Session II March 25-May 20 #310734.3
 exclude April 1
Fee per Tuesday session:
 Resident \$35.00
 Non-Resident \$53.00

Thursdays
 Session III January 16-March 13 #310734.2
 Session IV March 20-May 29 #310734.4
 exclude March 27 & April 3
Fee per Thursday session:
 Resident \$39.00
 Non-Resident \$59.00

Time: 5:40-6:40 p.m.
Location: Greenfield Community Center
 Jansen Fest Hall
Instructor: Cilla Baker, Yoga Certified
Note: Please bring a yoga mat and a filled water bottle.



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
Session I January 13-March 3 #310779.1
Session II March 31-May 19 #310779.2
Time: 7:50-8:40 a.m.
Location: Greenfield Community Center
Jansen Fest Hall
Fee per session: Resident \$35.00
Non-Resident \$53.00
Instructor: Vickie Strachota, NETA Certified Instructor
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 January 14-March 11 #310777.1
exclude February 18
Session II March 25-May 20 #310777.2
exclude April 1
Time: 6:50-7:35 p.m.
Location: Greenfield Community Center,
Jansen Fest Hall
Fee per session: Resident \$35.00
Non-Resident \$53.00
Instructor: Cilla Baker

WERQ™

ages 16 years 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 January 15-March 12 #310781.1
exclude January 22 & February 19
Session II March 26-May 21 #310781.2
exclude April 2
Time: 5:30-6:30 p.m.
Location: Greenfield Community Center
Jansen Fest Hall
Fee per session: Resident \$31.00
Session I Non-Resident \$46.00
Session II Resident \$35.00
Non-Resident \$53.00
Instructor: Abby Delain, Certified WERQ™ instructor
Note: Please bring a yoga mat.

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
Session I January 16-March 13 #310774.1
exclude March 6
Session II April 10-May 15 #310774.2
7:00-8:00 p.m.
Location: Greenfield Community Center
Jansen Fest Hall
Fee per session: Resident \$35.00
Session I Non-Resident \$53.00
Session II Resident \$26.00
Non-Resident \$39.00
Instructor: Diane Maegli-Hippert



Parkinson's Exercise Class

age 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! The exercises are appropriate for various populations and/or environmental conditions to ensure a safe and effective setting for all class participants.

Dates:	Wednesdays	
Session I	January 15-March 12 exclude February 19	#310718.1
Session II	March 26-May 21 exclude April 2	#310718.2
Time:	10:00-11:00 a.m.	
Location:	Greenfield Community Center Jansen Fest Hall	
Fee per session:	Resident \$35.00 Non-Resident \$53.00	
Instructor:	Mary Wood, Certified Parkinson's Exercise Instructor through Total Health Works/Delay the Disease	
Note:	Please wear comfortable clothing, and bring a water bottle.	

Zumba®

ages 16 years and older



Zumba® -the international fitness rage. 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:			Time:	5:30-6:30 p.m.
Session I	Mondays January 13-March 10 exclude February 17	#310728.1	Location:	Greenfield Community Center Jansen Fest Hall
Session II	Mondays March 24-May 19 exclude March 31	#310728.2	Fee per session:	Resident \$35.00 Non Resident \$53.00
			Instructors:	Kaye Kass, Zumba® Licensed



Zumba® Gold

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 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	January 14-March 11 exclude February 18	#310742.1
Session II	Thursdays January 16-March 13	#310742.2
Session III	Thursdays March 20-May 29 exclude March 27 & April 3	#310742.3
Session IV	Tuesdays March 25-May 20 exclude April 1	#310742.4
Time:	10:15-11:15 a.m.	
Fee per session:		
Tuesdays	Resident \$35.00 Non-Resident \$53.00	
Thursdays	Resident \$39.00 Non-Resident \$59.00	

Location: Greenfield Community Center
Jansen Fest Hall

Instructor: Kaye Kass, Zumba® Licensed

