

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 **#210704.1**
September 23-December 9

Session II Wednesdays **#210704.2**
September 25-December 18
exclude November 27

Session III Mondays & Wednesdays **#210704.3**
September 23-December 18
exclude November 27 & December 16

Time: 6:30-7:15 p.m.
Location: 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 an exercise mat and water bottle for each class.

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.

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, 2025
excluding GSD school holidays
10:00-10:30 a.m.

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 **#210763.1**
September 9-December 9
exclude October 14, November 11 & 18, and December 2

Time: 8:50-9:40 a.m.
Location: Greenfield Community Center
Jansen Fest Hall

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

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.

Participants may register this program beginning September 3rd by calling the Park and Recreation office at 414-423-2790.

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 25-November 25
exclude October 7 & 28, November 4, 7, 11 & 14

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: 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!



Simple Joy After-school Yoga Play Date

ages 3 & up with **parent caregiver**

Yoga is a great way to play and connect with that special child in your life. Class will include a partner warm up, a yoga story or game, and a calming, mindful imagination exercise. Yoga Play Date will be geared toward elementary aged children and their adult yoga partner. Wear your comfy clothes. Mats and supplies will be provided.

Dates: Wednesdays
 Session I September 18-October 9 **#210769.1**
 Session II October 30-November 20 **#210769.2**
Time: 4:15-5:00 p.m.
Location: Session I: Greendale High School School Garden
 Rain Location: High School Library
 Session II: Community Learning Center Lower Level
Fee Per Pair: Resident: \$50.00
 Non-Resident: \$60.00
Instructor: Cari Terry, Simple Joy Yoga
 200 Hour Certified Yoga Teacher
Note: Fee includes one adult and one child

Simple Joy Yoga

adults

Slow down and nourish your body, mind and spirit with gentle stretching, breathwork and meditation. This seven-week 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: Wednesdays
 Session I October 2-November 20 **#210771.1**
 exclude October 16
 Session II December 4-January 29 **#210771.2**
 exclude December 25 & January 1
Time: 9:00-10:00 a.m.
Location: Community Learning Center Lower Level
Fee per session:
 Resident: \$66.00
 Non-Resident: \$76.00
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. During the seven-week sessions, each class will include breathwork, stretching and meditation.

Dates: Wednesdays
 Session I October 2-November 20 **#210772.1**
 exclude October 16
 Session II December 4-January 29 **#210772.2**
 exclude December 25 & January 1
Time: 10:30-11:15 a.m.
Location: Community Learning Center Lower Level
Fee per session:
 Resident: \$66.00
 Non-Resident: \$76.00
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
 Session I September 9-October 28 **#210775.1**
 exclude October 7 & 14
 Session II November 11-December 16 **#210775.2**
Fees per session:
 Resident \$26.00
 Non-Resident \$39.00
Time: 6:40-7:40 p.m.
Location: Greenfield Community Center
 Jansen Fest Hall
Instructor: Kaye Kass

Participants may register for Session I of this program beginning September 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.

Dates: Tuesdays
 Session I September 10-October 22 **#210734.1**
 Session III October 29-December 17 **#210734.3**
 exclude November 5
 Thursdays
 Session II September 12-October 24 **#210734.2**
 Session IV October 31-December 19 **#210734.4**
 exclude November 28
Time: 5:40-6:40 p.m.
Location: Greenfield Community Center
 Jansen Fest Hall
Fee per session:
 Resident \$31.00
 Non-Resident \$46.00
Instructor: Cilla Baker, Yoga Certified
Note: Please bring a yoga mat and a filled water bottle.



Participants may register for Session I and Session II of this class beginning September 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.

Dates: Mondays **#210779.1**
September 9-December 9
exclude October 14, November 11 & 18, December 2

Time: 7:50-8:40 a.m.

Location: Greenfield Community Center
Jansen Fest Hall

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

Instructor: Vickie Strachota, NETA Certified Instructor

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

Participants may register for this program beginning September 3rd by calling the Park and Recreation office at 414-423-2790.

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 September 10-October 22 **#210777.1**
Session II October 29-December 17 **#210777.2**
exclude November 5

Time: 6:50-7:35 p.m.

Location: Greenfield Community Center,
Jansen Fest Hall

Fee per session: Resident \$31.00
Non-Resident \$46.00

Instructor: Cilla Baker

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

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 September 11-October 23 **#210781.1**
Session II October 30-December 18 **#210781.2**
exclude November 6

Time: 5:30-6:30 p.m.

Location: Greenfield Community Center
Jansen Fest Hall

Fee per session: Resident \$31.00
Non-Resident \$46.00

Instructor: Abby Delain, Certified WERQ™ instructor

Note: Please bring a yoga mat.

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

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 September 12-October 17 **#210774.1**
Session II October 24-December 19 **#210774.2**
exclude October 31 & November 21 & 28

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

Location: Greenfield Community Center
Jansen Hall

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

Instructor: Diane Maegli-Hippert



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

Parkinson's Exercise Class

age 55+ 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! Please wear comfortable clothing, bring a water bottle. 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 September 11-October 23 #210718.1
 Session II October 30-December 18 #210718.2
 exclude November 6
Time: 10:30-11:30 a.m.
Location: Greenfield Community Center
 Jansen Fest Hall
Fee per session: Resident \$31.00
 Non-Resident \$46.00
Instructor: Mary Wood, Certified Parkinson's Exercise Instructor through Total Health Works/Delay the Disease
Note: Please wear comfortable clothing, bring a water bottle. 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 on September 3rd by calling the Park & Recreation office at 414-423-2790.

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/Times:
 Session I Mondays #210728.1
 September 9-October 28
 exclude October 7 & 14
 Session II Mondays #210728.2
 November 11-December 16
Time: 5:30-6:30 p.m.
Location: Greenfield Community Center
 Jansen Fest Hall
Fee per session: Resident \$26.00
 Non Resident \$39.00

Instructors: Kaye Kass, Zumba® Licensed

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



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 September 10-October 29 #210742.1
 exclude October 8 & 15
 Session II Thursdays #210742.2
 September 12-October 31
 exclude October 10 & 17
 Session III Thursdays #210742.3
 November 7-December 19
 exclude November 28
 Session IV Tuesdays #210742.4
 November 12-December 17
Time: 10:15-11:15 a.m.
Fee per session: Resident \$26.00
 Non-Resident \$39.00
Location: Greenfield Community Center
 Jansen Fest Hall
Instructor: Kaye Kass, Zumba® Licensed

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

