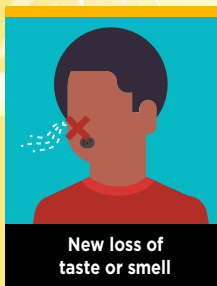
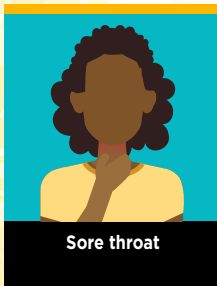
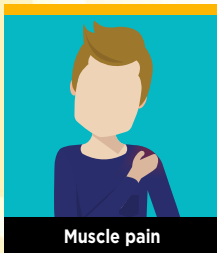
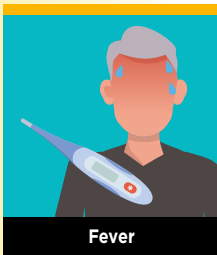


# ON THE MOVE: DANCE

## COVID-19 SYMPTOMS

If you have any of these COVID-19 symptoms, please stay home and refrain from participating in Greenfield Parks & Recreation programs.



**Instructor Denise Lukasik-Sedmak** has been teaching classes for over 30 years. She started with Middle Eastern Dance but later added the ballet and tap classes due to popular demand. She enjoys mentoring dance students of all ages and encourages them to incorporate health and fitness (dance) into their daily lives.

### TAP (INTERMEDIATE/ADVANCED)

Adults & Teens (Ages 16+)

Tap dance instruction emphasizes the flow of movement by teaching the dancer to find rhythms and beats, not only in music, but incorporate in their tap techniques. Tap is taught in a traditional Broadway and rhythmic style. Intermediate/Advanced students must have at least one year of prior dance instruction with Miss Denise.

**Monday / 5 sessions 5:30-6:15 PM**

July 13-August 17

(cancel August 10)

**302700-01**

Greenfield Community Center, Studio

Per Option: \$20 (R) / \$30 (NR)

Time Out: Thursday, July 2

### BALLET BARRE EXERCISE (ADULT)

Adults & Teens (Ages 16+)

The ballet barre is usually associated with dance techniques, but it can also provide an effective workout for non-dancers. This technique will focus on core and abdominal conditioning, as well as extremity flexibility. No dance training is required. Fitness passes may NOT be used this summer.

**Monday / 5 sessions 6:30-7:15 PM**

July 13-August 17

(cancel August 10)

**302700-02**

Greenfield Community Center, Studio

Per Option: \$20 (R) / \$30 (NR)

Time Out: Thursday, July 2

### MIDDLE EASTERN DANCE

Adults & Teens (Ages 16+)

Learn the basic techniques and spirited essence of Middle Eastern Dance (MED). This ancient dance form is easily adapted to all fitness levels and is a great path to becoming more fit. It is a great workout while teaching muscle control, strength, isolation, grace, flexibility, and stamina. Traditional music and finger cymbals set the mood while you gain greater body awareness.

Miss Denise has been performing and instructing Middle Eastern Dance for several decades.

*(This is an instructional class only – performances are not part of this program.)*

**Technique & Choreography:** Geared towards participants with prior Middle Eastern Dance experience.

**Tuesday / 5 sessions July 14-August 18**

(cancel August 11)

Technique 5:30-6:30 PM

**302750-02**

Choreography 6:45-7:45 PM

**302750-03**

Greenfield Community Center, Studio

Per Option: \$20 (R) / \$30 (NR)

### BALLET SLIPPERS OR TAP SHOES REQUIRED

Check with your instructor at the first class if you are unsure of where to purchase. Leather-soled slippers may be worn in place of ballet slippers.



## PILATES

**Adults & Teens (Ages 16+)**

*Kaye Kass, Instructor*

Come explore this gentle, low impact, total body fitness system. Pilates focuses on core strength, body connections, alignment and flexibility.

**Monday / 6 sessions** **6:40-7:40 PM**

July 13-August 24

(cancel August 10)

**304128-01**

Greenfield Community Center,

Jansen Fest Hall

\$26 (R) / \$39 (NR)

*Time Out: Thursday, July 9*

## ZUMBA®

**Adults & Teens (Ages 16+)**

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. All instructors are Zumba Licensed.

*Cilla Baker, Zumba Licensed Instructor*

**Tuesday / 6 sessions** **6:50-7:50 PM**

July 14-August 25 (cancel August 11)

**304108-03**

Greenfield Community Center,

Jansen Fest Hall

Per option: \$26 (R) / \$39 (NR)

*Time Out: Thursday, July 9*

*Kaye Kass, Zumba Licensed Instructor*

**Monday / 6 sessions** **5:30-6:30 PM**

July 13-August 24 (cancel August 10)

**304108-01**

Greenfield Community Center,

Jansen Fest Hall

\$26 (R) / \$39 (NR)

*Time Out: Tuesday, July 9*

## STRENGTHEN AND LENGTHEN

**Ages 18+**

*Kaye Kass, Instructor*

If you believe that 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.

**Wednesday / 7 sessions** **6:40-7:40 PM**

July 15-August 26

**304105-01**

Greenfield Community Center -

Jansen Hall

\$30 (R) / \$45 (NR)

*Time Out: Thursday, July 9*

## COVID-19 PROCEDURES FOR FITNESS PROGRAMS

The City of Greenfield Parks and Recreation Department has worked with the Health Department to develop guidelines to reduce risk factors and keep staff and participants safe. Please review these guidelines and share them with all family members who will be participating. Thank you for your help in keeping Greenfield safe and healthy.



### No Fitness Passes

Fitness passes will not be available or honored for classes this summer due to attendance tracking.



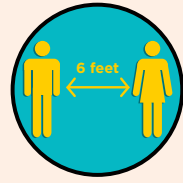
### No Fans

Floor fans will not be available for classes.



### Stay Home If You're Sick

Any participant or instructor who has had ANY of the following symptoms within 24 hours of class may not participate: cough, fever, chills, muscle pain, shortness of breath/difficulty breathing, sore throat, or loss of taste or smell.



### Avoid Close Contact

Participants are reminded to maintain 6 feet between themselves and others while in fitness classes.



### Equipment

**Provided by Parks & Rec.:** Hand weights and balls  
**Participants Need to Bring:** Water bottle (drinking fountain will be turned off but water filler will be on). Yoga or fitness mat, yoga straps, yoga blocks.



### Disinfect Equipment

Disinfecting supplies will be provided by staff and participants are asked to clean equipment provided by Greenfield Parks and Recreation before and after each program.



### Wash Your Hands

Participants are asked to make use of our hand sanitizer station as you enter and exit your class.

# ON THE MOVE: FITNESS

## IMPORTANT FITNESS INFORMATION

- 1) Before you start any exercise program, you should **consult with your physician**, especially if you are over 35 years of age, are taking any form of 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. (If you have health restrictions, please indicate on your registration form so your instructor(s) can be notified.)
- 2) **Proper warm-up prevents injuries**—please plan to arrive at start of class.
- 3) **Child care is not provided**—do not leave children unsupervised in hallways, deck areas, classroom, or locker room areas.
- 4) Participants should **wear proper attire**: good aerobic shoes and clothing that permits movement for “land” classes, or a swim suit (no T-shirts) for “water” classes. Water fitness shoes that have not been worn outside the pool deck areas are permitted and encouraged.
- 5) Participants may want to bring a **water bottle and a towel** to class.
- 6) The Department of Parks & Recreation reserves the right to make schedule changes due to low enrollment, lack of attendance, or facility usage conflicts.

## FITNESS STAFF

A highly dedicated group, our instructional staff consists of participants who took the step forward to become an instructor. After observing, participating and completing their respective certification program, they each bring their own area of specialty to our variety of classes. It is our hope that their commitment to excellence will show in their classes.

## LA BLAST FITNESS

**Adults & Teens (Ages 16+)**  
*Mary Jo Bellinger, Instructor*

Combine the worlds of dance and fitness in this one of a kind workout that will motivate and empower participants of every fitness level to keep dancing and have a blast! No partner is needed. Even if you are an absolute beginner or an experienced dancer, LaBlast leads you through an eclectic mix of classic ballroom dances set to a variety of music genres. Do the Cha Cha, Salsa and Jive set to everything from pop to rock to hip-hop and country – to burn fat and blast calories. Whether you want to tone your body, maintain a healthy lifestyle, learn to dance, or just have a great time, LaBlast offers something for everyone.

**Thursday / 6 sessions 5:40-6:40 PM**  
July 16-August 20 **304057-01**  
Greenfield Community Center-Studio  
\$26 (R) / \$39 (NR)  
*Time Out: Thursday, July 9*

## CARDIO STRENGTH BARRE

**Adults (Ages 18+)**  
*Cilla Baker, Instructor*

Come ready to sweat, shake and work to fatigue....utilizing small isometric movements in this low impact total body workout that targets the hardest reached areas of your body.....glutes, and thighs, abs and arms. Come dressed in comfortable movable-wear, and bring a yoga or pilates mat, and some sticky socks for traction (or tennis shoes)...and of course a towel and water!

**Thursday / 6 sessions 6:50-7:35 PM**  
July 16-August 20 **304107-01**  
Greenfield Community Center-Studio  
Per option: \$26 (R) / \$39 (NR)  
*Time Out: Thursday, July 9*

### The following fitness classes will return in fall:

- Core & More
- Gentle Tai Chi
- Heart Smart
- Pole Walking
- Small Group Personal Training
- Step & Stride

## WERQ™

**Ages 18+**

*Brooke McMillin and Dana Peck, Certified WERQ Instructors*

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 Certified Fitness Professionals, so the WERQout is safe and effective.

**Wednesday / 7 sessions 5:30-6:30 PM**  
July 15-August 26 **304127-01**  
Greenfield Community Center,  
Jansen Fest Hall  
Per option: \$30 (R) / \$45 (NR)  
*Time Out: Thursday, July 9*

## YOGA FIT

**Seniors & Adults (Ages 18+)**  
*Cilla Baker, Instructor*

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. This is a popular class.

**Tuesday / 6 sessions 5:40-6:40 PM**  
July 14-August 25  
(cancel August 11) **304118-01**

**Thursday / 6 sessions 5:40-6:40 PM**  
July 16-August 20 **304118-02**

Greenfield Community Center,  
Jansen Fest Hall  
Per option: \$26 (R) / \$39 (NR)  
*Time Out: Thursday, July 9*

Note: Participants must bring their own yoga mat.