

## **Indoor walking opportunities in Sheboygan, Wisconsin 2024**

- **North and South High Schools**

The indoor walking tracks at both schools are open to the public in the mornings. You should sign in at the fitness center before going to the track. [CLICK HERE](#) for more information.



### **Plymouth High School**

The indoor track and hallways are free to walk in for the community. You can park in the visitor lot or student lot and enter through Door 18. You should sign the roster outside the Fitness Center and wear athletic shoes. [CLICK HERE](#) for more information.



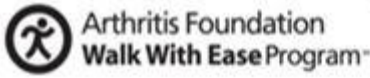
### **Uptown Social**

This center has an indoor walking track. 0730-1600 Hospitality Room. [CLICK HERE](#) for more information.



### **Crossroads Community Church**

The worship center at the Sheboygan Campus offers indoor walking on Mondays from 3:30–5 PM. You can text WALK to 920-717-1670 for reminders and updates. [CLICK HERE](#) for more information.



### Aging and Disability Resource Center, Sheb. Co.

**Walk with Ease** is designed to help people living with arthritis better manage their pain. It's also ideal for people without arthritis who want to make walking a regular habit. Based on research and tested programs in exercise science, behavior change and arthritis management, **Walk With Ease** is shown to: Reduce the pain and discomfort of arthritis, Increase balance, strength and walking pace all while building your confidence to be physically active and improve overall health.

Meets 2-3 times per week for 1 hour. No Cost.

Contact Tanya Williamson for more information, 920-467-4020.



**SilverSneakers** is FREE for Generations members\* and \$10 for guests.

This music-based class combines cardio-respiratory fitness, muscular strength, and endurance for one fun-filled fitness circuit that will be sure to have you moving and working out to the beat of the music.

#### 8am Class

Intensity Level: High

Available: Monday, Wednesday, & Friday @ 8:00am

Instructor: Emily

#### 10am Class

Intensity Level: Moderate

Available: Monday, Wednesday, & Friday @ 10:00am

Instructor: Sydney (Monday & Friday) & Erika (Wednesday)

\*Depending on age and insurance coverage, a good number of Generations members' membership fees are covered by insurance.

