



HEALTHY SHEBOYGAN COUNTY

Free Physical Activity Guide

Born Learning Trails Generations *Plymouth* & RCS *Sheboygan*

Elkhart Lake <https://www.elkhartlake.com/places/play/recreation/>

- o Foot Golf at Marsh Park
- o Disc Golf Course at Marsh Park
- o Ice Age Trail - Hiking
- o Rocky Knoll Mountain Biking & Hiking Trail Network

Vita Course at Generations – *Plymouth* <https://www.generationsic.org/recreation>

Kohler Recreation Dept. Access to parks, pedestrian paths and tennis courts are always open and free to use. <http://recreation.kohlervillage.org/>

Oostburg Community Fitness Center. Free - \$5 monthly donations encouraged.
<https://oostburg.k12.wi.us/community-connections/#fitness>

Plymouth Community Education and Recreation:

- o Indoor Hall and Track Walking Monday-Friday available in the late Fall, Winter and early Spring months. Check website for updates:
<https://www.plymouth.k12.wi.us/schools/COM/classes.html>
- o Plymouth High School Fitness Center free to students that live in the Plymouth School District
[Fitness | Community Ed & Rec | Plymouth School District](#)
Plymouth High School Address: 125 Highland Ave.
- o Free group exercise launch classes keep an eye on social media platforms, call the Community Ed and Rec Office 920-892-5068 or subscribe to our newsletter to find out when they are available.
- o Free virtual classes: [At Home Fitness - YouTube](#)
- o Current Opportunities both free and with a fee: [Current opportunities | Community Ed & Rec | Plymouth School District](#)

Sheboygan Recreation Dept. Indoor Walking Tracks at North and South High School Field Houses
<https://www.sheboygan.k12.wi.us/recreation/activities/walking-tracks-at-north-and-south>

Sheboygan Parks <https://sheboyganandpw.com/parks-forestry>
Maywood and Evergreen Park Hiking and Ski Trails - *Sheboygan*
<https://gomaywood.org/park-information/trails-and-maps/>

Sheboygan Falls Parks <https://seboyganfalls.org/sheboygan-falls-parks-and-trails/>



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Sheboygan Falls Recreation

- School District of Sheboygan Falls Fitness Center. Free for Sheboygan Falls Students. <https://www.sheboyganfalls.k12.wi.us/recdept/weight-fitness-center>
- Ice rink at Rochester Park is free in the winter: <https://www.sheboyganfalls.k12.wi.us/recdept/ice-skating-rochester-par>

Yoga on the Lake – Kohler Karma Yoga Every Sunday 12-1pm Complimentary Yoga All

<https://www.yogaonthelake.com/class-schedule>

Virtual options

Generations YouTube Channel

<https://www.youtube.com/channel/UC5DbyEjeMhg6LCeY41YktDA/playlists>

Kohler Well-Being YouTube Channel <https://www.youtube.com/c/KohlerWellBeing>

Plymouth Community Education and Recreation You Tube Channel

https://www.youtube.com/playlist?list=PLX9P9Mg18DsZbrO_zQwcMxCLatsz09Hs9

Nourish Move Love: <https://www.nourishmoveandlove.com>

FitOn—Free Fitness App <https://fitonapp.com/?msclkid=092226b0d15e11ec979d3f6cd27bc1e3>

Johnson & Johnson 7-minute workout app <https://7minuteworkout.jnj.com/>

Seasonal

Explore & More Fall Family Scavenger Hunt - Fall into a healthy lifestyle

The Sheboygan County Activity & Nutrition (SCAN) Coalition will host a 30-day activity, nutrition and mental health challenge to encourage Sheboygan County residents to improve their well-being. The challenge will kick off on **Nov 1, 2022**.

The Baths - Two Acre Putting Course at Blackwolf Run Kohler Complimentary access includes use of putters. Monday-Thursday, 10:30am-sunset. Friday-Sunday 8:00am-sunset. Check in at the bag drop.

Active Transportation Committee organizes critical mass bike rides the last Friday of every month- meeting in the Uptown Parklet (the space between paradigm and 8th St. Ale Haus) @ 6pm. A group bike ride, slow, open to all ages as well as scooters, one-wheels, etc. Just a few miles. A great way to get out and feel safe in a group.



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