

# Exercise Opportunities in Sheboygan County



Please contact providers for information regarding membership, program fees, and hours.

Name	Website	Phone	Address/Location	Description
Anytime Fitness	<a href="http://www.anytimefitness.com">www.anytimefitness.com</a>	457.1700 457.1900 892.8282	•2918 S Business Dr. Sheboygan •3430 Mill Rd. Sheboygan •540 Walton Dr. Plymouth	Fitness center open 24 hours/day, 7 days/week.
Aurora Medically Supervised Fitness Program	<a href="https://www.aurorahealthcare.org/">https://www.aurorahealthcare.org/</a> Search "Sports Health" "Commit To Be Fit"	451.5559	2629 N 7th St. Sheboygan	A program that offers an opportunity to exercise in a medically based gym. Includes equipment that accommodates your unique medical & individual needs.
Body Shoppe Fitness Center	<a href="http://www.thebodyshoppefitness.com">www.thebodyshoppefitness.com</a>	254.6108	1212 Pennsylvania Ave. Sheboygan	Fitness center specializing in strength training and powerlifting.
Cedar Grove/Belgium School District	<a href="http://www.cedargrovebelgium.k12.wi.us/">http://www.cedargrovebelgium.k12.wi.us/</a> Under Community: Gym & Swim/Fitness Center	668.8518 Ext. 250	50 West Union Cedar Grove	Hall-walking, public walking path, fitness classes. Pool located at the Middle School.
Coulis Cardiology: Pulse Point	<a href="http://www.couliscardiology.com/pulsepoint.html">http://www.couliscardiology.com/pulsepoint.html</a>	458.9803	1414 N Taylor Dr. Sheboygan	Fitness center housed within Coulis Cardiology. Offers a health risk assessment, personal training, cardiac rehabilitation exercise programs, and medical supervision.
CrossFit Eastern Ridge	<a href="http://www.crossfiteasternridge.com/">http://www.crossfiteasternridge.com/</a>	254.1350	•3678 Progress Dr. Sheboygan •1800 Sunset Dr. Plymouth	CrossFit classes for all skill levels.
CrossFit Sheboygan	<a href="http://www.crossfitsheboygan.com/">http://www.crossfitsheboygan.com/</a>	254.2420	1205 Superior Ave. Sheboygan	Fitness center, CrossFit, strength training, Olympic/powerlifting all available.
Curves	<a href="https://www.curves.com/locations/sheboygan-falls-wi">https://www.curves.com/locations/sheboygan-falls-wi</a>	467.2531	508 Broadway St. Sheboygan Falls	Women only, 30-minute circuit workout (strength-training & cardio).
Final Option Self-Defense Studio	<a href="http://www.final-option.com">www.final-option.com</a>	893.8133	435 Factory St. Plymouth	Tai Kwon Do & kickboxing classes.
Generations Intergenerational Center	<a href="http://www.generationsic.org/Fitness">http://www.generationsic.org/Fitness</a>	892.4858	1500 Douglas Dr. Suite D Plymouth	Programs offered include fitness classes, intergenerational exercise activities, and Silver Sneakers.
HealthReach-Great Lakes Oostburg	<a href="https://healthreachrehab.com/Locations/GreatLakesOostburg.aspx">https://healthreachrehab.com/Locations/GreatLakesOostburg.aspx</a>	564.3699	110 N 9 <sup>th</sup> St. Oostburg	Fit4Life exercise class for seniors taught by a physical therapist. Fees apply.
Highland Fight Systems	<a href="http://highlandfightsystems.com/">http://highlandfightsystems.com/</a>	627.2478	3341 S. Business Dr. Sheboygan	Mixed martial arts, Brazilian Jiu Jitsu, Muay Thai, & conditioning classes.
Judo-No-Kata II	<a href="http://www.special-operations.com/judo_no_kata_ii.htm">http://www.special-operations.com/judo_no_kata_ii.htm</a>	457.9008	1517 S 12th St. Sheboygan	Judo and Tae Kwon Do classes.
Kohler High School/Kohler Recreation Department	<a href="http://www.kohlerpublicschools.org/athletics/information/weight-room--performance-training/">http://www.kohlerpublicschools.org/athletics/information/weight-room--performance-training/</a> <a href="http://recreation.kohlervillage.org/">http://recreation.kohlervillage.org/</a>	803.7205	333 Upper Rd. Kohler	Ebben Field Track is open for walking/jogging. Fitness center, pool, and adult/youth programming are available
Kohler Sports Core	<a href="http://www.americanclubresort.com/activities/health-wellness/sports-core">www.americanclubresort.com/activities/health-wellness/sports-core</a>	457.4444	100 Willow Creek Dr. , Kohler	Variety of exercise options: pool, tennis-courts, , fitness center & classes
Howards Grove Activity Center	<a href="http://hgactivitycenter.weebly.com/">http://hgactivitycenter.weebly.com/</a>	946.9150	435 N. Wisconsin Drive Howards Grove, WI	Various classes, open gym days, bouncy house days in the gym, and various events. Gym available for rent.
Howards Grove High School	<a href="http://www.hgsd.k12.wi.us">www.hgsd.k12.wi.us</a>	565.4454	401 Audubon Rd., Howards Grove	For Howards Grove community members: Senior citizens indoor walking program at High School.
Lakeland College Fitness Center	<a href="http://lakelandmuskie.com/sports/2013/5/17/facilities.aspx">http://lakelandmuskie.com/sports/2013/5/17/facilities.aspx</a>	565.1024 Ext. 2182	Wehr Center, West 3804 North Drive – Lakeland College	Open to the public. Variety of fitness & weight training equipment, walking in the gym. Membership application required.

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<b>Neutral Ground Sheboygan</b>	<a href="http://www.sheboyganbjj.com">www.sheboyganbjj.com</a>		258A N. 8 <sup>th</sup> St. Sheboygan	Brazilian Jiu Jitsu classes.
<b>Oostburg High School Fitness Center</b>	<a href="http://oostburg.k12.wi.us/community-connections/#fitnesscenter">http://oostburg.k12.wi.us/community-connections/#fitnesscenter</a>	564.2346 Ext. 4005	410 New York Ave. Oostburg	Hall-walking, fitness classes, weight room, & fitness center at High School.
<b>Park's Black Belt Academy</b>	<a href="http://www.parksblackbelt.com">www.parksblackbelt.com</a>	452.4999	1825 Erie Ave. Sheboygan	Hap Moo Do, Ju Do, Hapkido & self-defense classes.
<b>Planet Fitness</b>	<a href="https://www.planetfitness.com/gyms/sheboygan-wi">https://www.planetfitness.com/gyms/sheboygan-wi</a>	803.8888	549 S Taylor Dr. Sheboygan	Open & staffed 24 hours/day, 7 days/week.
<b>Plymouth City Aquatic Center</b>	<a href="http://www.plymouthgov.com">www.plymouthgov.com</a> Search: Aquatic Center	893.8351	203 Suhrke Rd. Plymouth	Outdoor pool is open June-September, with classes offered.
<b>Plymouth High School</b>	<a href="http://www.plymouth.k12.wi.us">www.plymouth.k12.wi.us</a>	892.5068	125 Highland Dr. Plymouth	Swim lessons, water aerobics classes, & fitness classes. High School is open for hall-walkers. Contact Community Education.
<b>Random Lake Community Fitness &amp; Recreation</b>	<a href="http://rlfitnesscenter.weebly.com/">http://rlfitnesscenter.weebly.com/</a>	994.9193 Ext. 170	605 Random Lake Rd. Random Lake	Fitness classes & fitness center.
<b>Sheboygan Community Recreation Department</b>	<a href="http://www.sheboygan.k12.wi.us/recreation/">http://www.sheboygan.k12.wi.us/recreation/</a>	459.3773	607 S Water St. Sheboygan	Variety of exercise, fitness, and swim programs; including team sports.
<b>Sheboygan North High School</b>			1042 School Ave. Sheboygan	Fitness Centers and indoor track available at the High Schools. Nominal fee and orientation required for fitness centers.
<b>Sheboygan South High School</b>			3128 S 12th St. Sheboygan	Financial assistance available.
<b>Sheboygan County YMCA</b>	<a href="http://www.sheboygancountyyymca.org">www.sheboygancountyyymca.org</a>	451.8000 467.2464	•812 Broughton Dr. Sheboygan •305 Buffalo Ave. Sheboygan Falls	Fitness Center. Exercise and swim programs; including team sports.  Financial assistance and childcare are available.
<b>Sheboygan Falls Aquatic Center</b>	<a href="http://www.sheboyganfalls.k12.wi.us/recreation/dept/">http://www.sheboyganfalls.k12.wi.us/recreation/dept/</a>	467.7827	220 Amherst Ave. Sheboygan Falls	Lap swimming, swim lessons, water aerobics programs. Fitness Center. Nominal fee and orientation required for fitness center.
<b>Sheboygan Fit Body Boot Camp</b>	<a href="https://www.fitbodybootcamp.com/sheboyganfitnessbootcamp/">https://www.fitbodybootcamp.com/sheboyganfitnessbootcamp/</a>	395.4248	2135 S. Business Dr. Sheboygan	30-minute group training workout.
<b>Sheboygan Lakers Ice Center</b>	<a href="http://www.sheboyganlakershockey.com">www.sheboyganlakershockey.com</a>	458.3111	1202 S Wildwood Ave. Sheboygan	Hockey, figure and ice skating.
<b>SCCCF Survive, Thrive &amp; Be Fit</b>	<a href="http://scccf.org/get-active/">http://scccf.org/get-active/</a>	457.2223	1621 N. Taylor Drive, Sheboygan	SCCCF's "Survive, Thrive & Be Fit" program encourages area cancer patients and survivors to adapt or maintain a healthy lifestyle following a cancer diagnosis through a variety of free active living opportunities.
<b>St. Nicholas Hospital Supervised Exercise Program: RESTORE</b>	<a href="https://www.stnicholashospital.org/Medical-Services/Cardiac-Services/Cardiac-and-Pulmonary-Rehab">https://www.stnicholashospital.org/Medical-Services/Cardiac-Services/Cardiac-and-Pulmonary-Rehab</a>	459.4611	3100 Superior Ave. Sheboygan- Therapeutic Exercise Department	Medically supervised exercise program designed for individuals with a health problem or chronic disease. Help available to start or maintain a fitness program.

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