

Schedule for Fitness Classes at Senior Activity Center

Yoga – Mondays and Wednesdays 2-3 pm

Flex and Stretch – Tuesdays and Thursdays 10:30-11:15am

Line Dancing – Tuesdays 9-10am

ABC Fitness – Tuesdays and Thursdays 8:15-9am

Water Aerobics – Held at Central High Pool – Monday, Wednesday, and Friday 7-8am

Movement to Music – Monday, Wednesday, and Friday 9-10am

Body Basics – Monday, Wednesday, and Friday 10:30-11:15am

Tai Chi I – Monday and Wednesday 10-10:30am

Tai Chi II – Monday and Wednesday 10:30-11am

Senior Activity Center of Sheboygan

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