

# Yoga Opportunities

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

Name	Website	Address/ Location	Phone	Description
Maywood Environmental Center	<a href="http://www.gomaywood.org/Summer_2016_Yoga_Brochure.pdf">http://www.gomaywood.org/Summer_2016_Yoga_Brochure.pdf</a>	3615 Mueller Rd. Sheboygan	459.3906	All levels of yoga experience
Midwest Power Yoga	<a href="http://www.wildabundantlife.com/midwestpoweryoga">www.wildabundantlife.com/midwestpoweryoga</a>	641 Monroe St. Suite 105 Sheboygan Falls	550.9255	Donation based studio. All levels and backgrounds.
Peacefield Yoga	<a href="http://www.peacefielddyoga.com">www.peacefielddyoga.com</a>	4118 Lakeshore Rd. Sheboygan	547.4893	Yoga classes, all levels of physical activity.
Plymouth Yoga	<a href="http://www.plymouthyoga.com">www.plymouthyoga.com</a>	208 E. Mill St. Plymouth	892.6024	Variety of Yoga class; various levels.
Sheboygan County Cancer Care Fund	<a href="http://scccf.org/services/">scccf.org/services/</a>	1621 N. Taylor Dr. Suite 100 Sheboygan	457.2223	Yoga for cancer survivors
Sheboygan Community Recreation Department	<a href="http://www.sheboyganrec.com">www.sheboyganrec.com</a>	607 S Water Yoga Classes St. Sheboygan	459.3773	Basic yoga classes.
Sheboygan County YMCA	<a href="http://www.sheboygancountyymca.org">www.sheboygancountyymca.org</a>	•812 Broughton Dr. Sheboygan •305 Buffalo Ave. Sheboygan Falls	451.8000 467.2464	Yoga Classes
Sheboygan Yoga & Pilates Fusion Fitness Center	<a href="http://www.sheboyganyogacenter.net">www.sheboyganyogacenter.net</a>	5233 Superior Ave. Sheboygan	457.4270	Variety of Yoga & Pilates classes
Shining Lotus Yoga & Wellness Center	<a href="http://www.shininglotusyoga.net">www.shininglotusyoga.net</a>	524 Sir Howard Circle Kohler	917.8562	Variety of Yoga classes.
Yoga on the Lake	<a href="http://www.yoga-on-the-lake.com">www.yoga-on-the-lake.com</a>	725B Woodlake Rd. Kohler	453.2817	Variety of classes and levels.
Yogaloft	<a href="http://www.sheboyganyoga.com">www.sheboyganyoga.com</a>	726 Michigan Ave. Suite B Sheboygan	698.0754	Variety of classes. Hatha & Vinyasa Yoga, Yoga Dance, Belly Dancing, Tai Chi & Pilates.

\*The information is made available for your use and does not represent an endorsement of the various organizations or events.



Sheboygan County  
Activity and Nutrition  
Coalition

# Dance Opportunities



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Name	Website	Address/Location	Phone	Description
Brittany's School of Dance	<a href="http://www.brittanyschoolofdance.com/">www.brittanyschoolofdance.com/</a>	300 E Mill Street, Suite 202 Plymouth	892.0666	Variety of classes, all ages
Diane Remy School of Dance & Baton	<a href="http://www.dianeremy.org">www.dianeremy.org</a>	2305 N 8th St. Sheboygan	452.8697	Variety of classes, all ages.
Dollhouse Dance Factory	<a href="http://www.kaylapittner@dollhousedance.com">www.kaylapittner@dollhousedance.com</a>	3323 S Business Dr. Sheboygan	917.3015	Variety of classes, ages: walking to 24.
In Motion Dance Studio	<a href="http://www.plymouthinmotion.com">www.plymouthinmotion.com</a>	550 Walton Dr. Plymouth	694.1855	Variety of classes, all ages.
Jessica's School of Dance	<a href="http://www.jessicasschoolofdance.com">www.jessicasschoolofdance.com</a>	3821 Kohler Memorial Dr. #101 Sheboygan	452.4296	Variety of classes, all ages.
John Michael Kohler Arts Center	<a href="http://www.jmkac.org">www.jmkac.org</a> Go to: Learn/Explore	608 New York Ave. Sheboygan	458.6144	Ballroom (ages 14-adult). Ballet (children).
Richard's Dance Studio Kohler Sports Core	<a href="http://www.richardsdancestudio.com">www.richardsdancestudio.com</a>	100 Willow Creek Dr. Kohler	235.1070	Variety of classes, including Irish Dance, all ages.
Sheboygan Community Recreation Department	<a href="http://www.sheboyganrec.com">www.sheboyganrec.com</a>	607 S Water St. Sheboygan	459.3773	Variety of classes throughout the year.
Sheboygan County YMCA	<a href="http://www.sheboygancountyyymca.org">www.sheboygancountyyymca.org</a>	•812 Broughton Dr. Sheboygan •305 Buffalo Ave. Sheboygan Falls	451.8000 467.2464	Variety of classes, all ages.

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