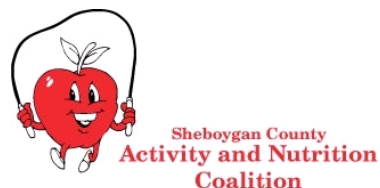


Yoga Opportunities

Please contact locations for details regarding membership, hours, and specific offerings. Advance registration may be required.

Name	Website	Phone	Address/Location	Description
Maywood Environmental Center	http://www.gomaywood.org/Yoga.htm	459.3906	3615 Mueller Rd. Sheboygan	All levels of yoga experience.
Midwest Power Yoga	https://www.midwestpoweryoga.com/	550.9255	641 Monroe St. Suite 105 Sheboygan Falls	All levels of experience welcome. Various levels of classes. Yoga teacher training available
Plymouth Yoga	http://www.plymouthyoga.com/	892.6024	208 E. Mill St. Plymouth	All levels of experience welcome. Various levels of classes. Yoga teacher training available.
Sheboygan County Cancer Care Fund	http://scccf.org/get-active/	457.2223	1621 N. Taylor Dr. Suite 100 Sheboygan	Yoga for cancer survivors.
Sheboygan Community Recreation Department	http://www.sheboygan.k12.wi.us/recreation/programs/fitness-classes.cfm	459.3773	607 S Water St. Sheboygan	Check website for class offerings and community locations
Sheboygan County YMCA	https://sheboygancountyyymca.org/fitness-schedules.html	451.8000 467.2464	●812 Broughton Dr. Sheboygan ●305 Buffalo Ave. Sheboygan Falls	Yoga and Pilates classes offered, in addition to other fitness classes
Vitale Wellness Center	http://vitalewellnesscenter.com/yoga/	550.2555	212 Monroe St. Sheboygan Falls	Yoga, Pilates, and Barre classes offered.
Yoga on the Lake	https://www.americanclubresort.com/activities/health-wellness/yoga-on-the-lake	453.2817	725B Woodlake Rd. Kohler	Variety of classes for all experience levels. Yoga teacher training is available.
Yogaloft	http://sheboyganyoga.com/	698.0754	726 Michigan Ave. Suite B Sheboygan	Variety of classes for all experience levels. Yoga teacher training is available.
Yoga in the Gardens	http://www.bookwormgardens.org/earth-day/2017/7/15/yoga-in-the-gardens	287.7895	1414 Campus Dr. Sheboygan	Outside classes suitable for all skill levels. No registration is needed, however participants should bring their own mat.

*This information has been made available for your use and does not represent an endorsement of the various organizations or events.



Dance Opportunities

Please contact locations for details regarding membership, hours, and specific offerings. Advance registration may be required.

Name	Website	Phone	Address/Location	Description
Brittany's School of Dance	http://www.brittanyschoolofdance.com/home.html	892.0666	300 E Mill Street, Suite 202 Plymouth	Varying levels based on dance experience and style. All Ages.
Diane Remy School of Dance & Baton	http://dianeremy.org/	452.8697	2305 N 8th St. Sheboygan	Variety of styles offered, as well as baton. All Ages.
Dollhouse Dance Factory	http://www.dollhousedance.com/	917.3015	3323 S Business Dr. Sheboygan	Variety of styles offered, as well as tumbling and competitive dance crews (audition required). Ages 2-24.
In Motion Dance Studio	http://www.plymouthinmotion.com/	694.1855	550 Walton Dr. Plymouth	Variety of styles offered, as well as tumbling, ribbon, competition, and Mommy & Me. All ages.
Jessica's School of Dance	https://www.love2dancesheboyganwi.com/	452.4296	3821 Kohler Memorial Dr. #101 Sheboygan	Variety of styles, tumbling, and competition. All ages, most classes for young children.
John Michael Kohler Arts Center	https://www.jmkac.org/learn/ballroom-dance.html	458.6144	608 New York Ave. Sheboygan	Ballroom (ages 14+) or youth ballet classes
Richard's Dance Studio Kohler Sports Core	http://www.richardsdancestudio.com	235.1070	100 Willow Creek Dr. Kohler	Variety of styles, including Irish dance and AcroDance. All ages.
Sheboygan Community Recreation Department	http://www.sheboygan.k12.wi.us/recreation/	459.3773	607 S Water St. Sheboygan	Adult Cardio Dance and Zumba, youth Ballet are offered.
Sheboygan County YMCA	https://sheboygancountymca.org/programs.html	451.8000 467.2464	●812 Broughton Dr. Sheboygan ●305 Buffalo Ave. Sheboygan Falls	Adult Zumba, youth dance classes in various styles for age groups. Youth themes dance parties are available.

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