

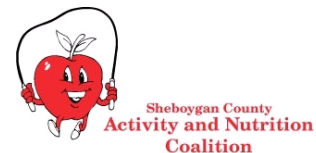
Exercise Opportunities in Sheboygan County



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

Name	Website	Address/Location	Phone	Description
Anytime Fitness	www.anytimefitness.com	•2918 S Business Dr. Sheboygan •3430 Mill Rd. Sheboygan •540 Walton Dr. Plymouth	457.1700 457.1900 892.8282	Fitness Center Open 24 hours/day, 7 days/week.
Aurora Medically Supervised Fitness Program	www.aurorahealthcare.org Sheboygan Search Exercise and Fitness "Commit To Be Fit"	2629 N 7th St. Sheboygan	451.5341	A program that offers an opportunity to exercise in a medically based gym. Includes equipment that accommodates your unique medical & individual needs. Call for an appointment.
Body Shoppe Fitness Center	www.thebodyshoppefitness.com	1212 Pennsylvania Ave. Sheboygan	254.6108	Fitness Center, strength-training.
Cedar Grove/Belgium School District	www.cedargrovebelgium.k12.wi.us Under District: Gym & Swim	50 West Union Cedar Grove	668.8518 Ext. 250	Hall-walking, public walking path, fitness classes. Pool located at the Middle School.
Coulis Cardiology: Pulse Point	www.couliscardiology.com	1414 N Taylor Dr. Sheboygan	458.9803	An exercise center located inside Coulis Cardiology, a comprehensive cardiovascular facility. Medical supervision available.
CrossFit Sheboygan	www.crossfitofsheboygan.com	1310 Wisconsin Ave. Sheboygan	287.6177	Fitness classes.
Curves	www.curves.com	101B Pine St. Sheboygan Falls	467.2531	Women only, 30 minute circuit workout (strength-training & cardio).
Final Option Self-Defense Studio	www.final-option.com	435 Factory St. Plymouth	893.8133	Tai Kwon Do & kickboxing classes.
Generations Intergenerational Center	www.generationsinc.igprintmedia.com	1500 Douglas Dr. Suite D Plymouth	892.4858	Variety of activities & classes. Classes with experienced & trained professionals. Membership & class fees.
HealthReach-Great Lakes Oostburg	www.healthreachrehab.com/locations/GreatLakesOostburg.aspx	110 N 9 th St. Oostburg	564.3699	Fit4Life exercise class for seniors taught by a physical therapist. Fees apply.
Highland Fight Systems	www.hfsmma.com	1229 Erie Ave. Sheboygan	627.2478	Mixed martial arts, Brazilian Jiu Jitsu, Muay Thai, & conditioning classes.
Howards Grove High School	www.hgsd.k12.wi.us	401 Audobon Rd. Howards Grove	565.4454	For Howards Grove community members: Senior citizens indoor walking program at High School.
Judo-No-Kata II	www.special-operations.com	1517 S 12th St. Sheboygan	457.9008	Judo and Tae Kwon Do classes.
Kohler High School/Kohler Recreation Department	www.kohlerrecreation.com	333 Upper Rd. Kohler	803.7205	Ebben Field Track is open for walking/jogging. Youth & adult programs and Fitness Center. Membership and/or program fee.
Kohler Sports Core	www.destinationkohler.com Under Activities then Sports Core	100 Willow Creek Dr. Kohler	457.4444	Variety of exercise options: pool, tennis courts, fitness center & classes.
Lakeland College Fitness Center	www.lakeland.edu Search: Fitness Center	Wehr Center West 3804 North Dr. Lakeland College	565.1232 565.1435	Open to the public FREE. Variety of fitness & weight training equipment, walking in the gym. Registration.

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Name	Website	Address/Location	Phone	Description
Last Fitness	www.lastfitnesspersonaltraining.webs.com	37 Stafford St. Plymouth	204.6821	One-on-One Personal Training.
Neutral Ground Sheboygan	www.sheboyganbjj.com	319 Highland Ave. Kohler		Brazilian Jiu Jitsu classes.
Oostburg High School Fitness Center	www.oostburg.k12.wi.us Search: Fitness Center	410 New York Ave. Oostburg	564.2346 Ext. 1151	Hall-walking, fitness classes, weight room, & fitness center at High School. Membership and/or program fee.
Park's Black Belt Academy	www.parksblackbelt.com	1825 Erie Ave. Sheboygan	452.4999	Hap Moo Do, Ju Do, Hapkido & self-defense classes.
Planet Fitness	www.planetfitness.com	549 S Taylor Dr. Sheboygan	803.8888	Open & staffed 24 hours/day, 7 days/week.
Plymouth City Aquatic Center	www.plymouthgov.com Search: Aquatic Center	203 Suhrke Rd. Plymouth	893.8351	Open June-Sept. Outdoor pool, classes available in summer only. City Hall 893.1271
Plymouth High School	www.plymouth.k12.wi.us	125 Highland Dr. Plymouth	892.5068	Swim lessons, water aerobics classes, & fitness classes. High School is open for hall-walkers. Contact Community Education. Membership and/or program fee.
Random Lake Community Fitness & Recreation	www.randomlake.k12.wi.us	605 Random Lake Rd. Random Lake	994.9193 Ext. 170	Fitness classes & fitness center. Membership and/or program fee.
Sheboygan Community Recreation Department	www.sheboyganrec.com	607 S Water St. Sheboygan	459.3773	Variety of exercise, fitness, and swim programs; including team sports.
Sheboygan North High School		1042 School Ave. Sheboygan		Fitness Centers and indoor track available at the High Schools. Nominal fee and orientation required for fitness centers.
Sheboygan South High School		3128 S 12th St. Sheboygan		Financial assistance available.
Sheboygan County YMCA	www.sheboygancountymca.org	•812 Broughton Dr. Sheboygan •305 Buffalo Ave. Sheboygan Falls	451.8000 467.2464	Fitness Center. Exercise and swim programs; including team sports. Financial assistance available.
Sheboygan Falls Aquatic Center	www.sheboyganfalls.k12.wi.us Search: Rec Department	220 Amherst Ave. Sheboygan Falls	467.7827	Lap swimming, swim lessons, water aerobics programs. Fitness Center. Nominal fee and orientation required for fitness center.
Sheboygan Lakers Ice Center	www.sheboyganlakershockey.com	1202 S Wildwood Ave. Sheboygan	458.3111	Hockey, figure and ice skating.
Sheboygan Memorial Mall: Mall Striders Program	www.memorialmall.com/programs	3347 Kohler Memorial Dr. Sheboygan	452.2731	Open for hall-walkers at 8 a.m. to close daily. Info sheets available at SW mall hallway near lockers.
St. Nicholas Hospital Supervised Exercise Program: Restore	www.stnicholashospital.org/classes Search Fitness & Safety	3100 Superior Ave. Sheboygan St. Nicholas Hospital Therapeutic Exercise Department	459.4611	A medically supervised exercise program designed for the individual with a health problem or chronic disease. Help available to start or maintain a fitness program. Call for an appointment.