



SHEBOYGAN AREA
SCHOOL DISTRICT
Community Recreation

Weekly Fitness Schedule - Session 1 - Winter 2024

April 22 - June 9

Day	Class	Time	Location	Instructor	Registration code and link
Sunday					
	Aerobics & Strength Training	9:00 - 10:00 AM	PRRC	Lynn G	1311
Monday					
	Pound	6:00 - 6:30 AM	PRRC	Carrie W	1278
	Fusion Fitness	8:00 - 9:00 AM	Immanuel	Sandy K	1299
	CardioDance & Sculpt	8:30 - 9:30 AM	PRRC	Lynne D	1335
	Senior Yoga	2:15 - 3:15 PM	PRRC	Amy S	1317
	Refreshing Yoga	4:15 - 5:15 PM	Urban	Amy S	1320
	S.T.A.R (Strength, Tone, Aerobic, Repeat)	4:45 - 5:30 PM	Cooper	Terrie M	1290
	Dance Combo	5:30 - 6:30 PM	Sheridan	Sandy K	1314
	Steppin Up	5:30 - 6:30 PM	PRRC	Julie B	1323
Tuesday					
	CardioDance & Sculpt	8:30 - 9:30 AM	PRRC	Lynne D	1338
	Gentle Yoga	8:30 - 9:30 AM	Immanuel	Monica G	1326
	Body Recharge	9:45 - 10:30 AM	PRRC	Lynne D	1293
	Tighten & Tone	12:30 - 1:30 PM	PRRC	Lynn G	1329
	Refreshing Yoga	4:00 - 5:00 PM	ELC	Amy S	1302
	K.I.S.S. (Keep It Simple Step)	4:45 - 5:30 PM	Cooper	Terrie M	1296
	Fusion Fitness	5:30 - 6:30 PM	Sheridan	Sandy K	1332
Wednesday					
	CardioDance & Sculpt	8:30 - 9:30 AM	PRRC	Lynne D	1335
	S.T.A.R (Strength, Tone, Aerobic, Repeat)	4:45 - 5:30 PM	Cooper	Terrie M	1290
	Dance Combo	5:30 - 6:30 PM	Sheridan	Sandy K	1314
Thursday					
	CardioDance & Sculpt	8:30 - 9:30 AM	PRRC	Lynne D	1338
	Gentle Yoga	8:30 - 9:30 AM	Immanuel	Monica G	1326
	Body Recharge	9:45 - 10:30 AM	PRRC	Lynne D	1293
	Tighten & Tone	12:30 - 1:30 PM	PRRC	Lynn G	1329
	Senior Yoga	2:15 - 3:15 PM	PRRC	Amy S	1317
	Refreshing Yoga	4:15 - 5:15 PM	Urban	Amy S	1320
	K.I.S.S. (Keep It Simple Step)	4:45 - 5:30 PM	Cooper	Terrie M	1296
	Fusion Fitness	5:30 - 6:30 PM	Sheridan	Sandy K	1332
	Pound	5:30 - 6:00 PM	Wilson	Carrie W	1271
	Steppin Up	5:30 - 6:30 PM	PRRC	Julie B	1323
Friday					
	All Dance	8:30 - 9:30 AM	PRRC	Rotation	1308
Saturday					
	Keepin it Real Step	8:00 - 8:45 AM	PRRC	Rotation	1281
	Quick Fit	8:50 - 9:20 AM	PRRC	Rotation	1275