



SHEBOYGAN AREA  
SCHOOL DISTRICT  
Community Recreation

## Fall 2025 Fitness classes

September 8 - October 26

Day	Class	Time	Location	Instructor	Registration code and link
<b><u>Monday</u></b>					
	Senior Yoga	2:15 - 3:15 PM	PRRC	Amy	<a href="#">2712</a>
	Refreshing Yoga	4:15 - 5:15 PM	ELC	Amy	<a href="#">2707</a>
	S.T.A.R (Strength, Tone, Aerobic, Repeat)	4:45 - 5:30 PM	Cooper	Terrie	<a href="#">2702</a>
	Dance Combo	5:30 - 6:30 PM	Sheridan	Sandy	<a href="#">2710</a>
	Pound	5:30 - 6:15 PM	Wilson	Gina	<a href="#">2699</a>
	Steppin' Up	5:30 - 6:30 PM	PRRC	Julie	<a href="#">2711</a>
<b><u>Tuesday</u></b>					
	CardioDance & Sculpt	8:30 - 9:30 AM	PRRC	Lynne	<a href="#">2709</a>
	Gentle Yoga	8:30 - 9:30 AM	Immanuel	Monica	<a href="#">2713</a>
	Body Recharge	9:45 - 10:30 AM	PRRC	Lynne	<a href="#">2703</a>
	Step & More	4:45 - 5:30 PM	Cooper	Terrie	<a href="#">2704</a>
	Fusion Fitness	5:30 - 6:30 PM	Sheridan	Sandy	<a href="#">2715</a>
<b><u>Wednesday</u></b>					
	Senior Yoga	2:15 - 3:15 PM	PRRC	Amy	<a href="#">2712</a>
	S.T.A.R (Strength, Tone, Aerobic, Repeat)	4:45 - 5:30 PM	Cooper	Terrie	<a href="#">2702</a>
	Dance Combo	5:30 - 6:30 PM	Sheridan	Sandy	<a href="#">2710</a>
	Pound	5:30 - 6:15 PM	Wilson	Gina	<a href="#">2700</a>
<b><u>Thursday</u></b>					
	CardioDance & Sculpt	8:30 - 9:30 AM	PRRC	Lynne	<a href="#">2709</a>
	Gentle Yoga	8:30 - 9:30 AM	Immanuel	Monica	<a href="#">2713</a>
	Body Recharge	9:45 - 10:30 AM	PRRC	Lynne	<a href="#">2703</a>
	Step & More	4:45 - 5:30 PM	Cooper	Terrie	<a href="#">2704</a>
	Fusion Fitness	5:30 - 6:30 PM	Sheridan	Sandy	<a href="#">2715</a>
	Steppin' Up	5:30 - 6:30 PM	PRRC	Julie	<a href="#">2711</a>
<b><u>Saturday</u></b>					
	Keep it Real (Step)	8:00 - 8:45 AM	PRRC	Rotation	<a href="#">2701</a>
	Quick Fit	8:50 - 9:20 AM	PRRC	Rotation	<a href="#">2698</a>
<b>Drop in:</b>	30/45min class \$3 Adult, \$2 Senior (60+)	60min class \$4 Adult, \$3 senior (60+)			