



Free Physical Activity Guide

Recreational Department:

[Community Recreation Department \(Sheboygan\)](#)

[Community Education & Recreation \(Plymouth\)](#)

[Weight & Fitness Center](#) (Sheboygan Falls)

Trails:

[Born Learning Trails \(Plymouth\)](#)

[Sheboygan County Trails](#)

[Sheboygan County Bike Map](#)

[Sheboygan Area School District Walking Tracks \(North & South Highschool\)](#)

[Maywood Trails \(Sheboygan\)](#)

[Sheboygan County Walking Trails](#)

Community Pages:

[Elkhart Lake](#)

[Plymouth](#)

[Generations \(Plymouth\)](#)

[Sheboygan Falls](#)

[Oostburg Community Fitness](#)

At Home/ Virtual Workouts (FREE):

[At Home Fitness \(Plymouth Community Ed & Rec\)](#)

[Generations YouTube Channel](#)

[Kohler Well-Being Youtube Channel](#)



[Nourish Move Love](#)

[FitOn-Free Fitness App](#)

[Johnson & Johnson 7 minute-workout app](#)

Gyms:

Sheboygan County YMCA (Sheboygan & Sheboygan Falls)

Sports Core (Kohler)

Planet Fitness (Sheboygan)

Anytime Fitness (Sheboygan & Plymouth)

FIRE Fitness Camp (Sheboygan)

RAGE Fitness (Sheboygan)

Rise Fitness (Sheboygan)

Razor Fitness (Sheboygan)

MISC:

[Uptown Social for Active Seniors](#)

[Sheboygan Broughton Marsh Park & Campground \(Elkhart Lake\)](#)

- Foot Golf Course
- Disc Golf Course

[4 Miles of Fitness \(Road America\)](#)

[Disc Golf \(Road America\)](#)