

WELLNESS PLUS CLASSES

FALL 2026 SCHEDULE

Strong Bodies

Briarwood Cottages Oshkosh

September 1- November 24

10:00 to 11:00 am Tuesdays, 9:00 to 10:00 am Thursdays

Carmel Residence at Miravida Living, Oshkosh

September 15-December 22

9:00 to 10:00 am Tuesdays/Thursdays

*Menasha Senior Center- **CLASS IS FULL AT CAPACITY***

August 4- October 29

9:30 to 10:30 am Tuesdays/Thursdays

Neenah YMCA

October 1- December 22

10:00 to 11:00 am Tuesdays/Thursdays

Neenah Highlands at Mahler Park

October 1- December 22

11:00 am to Noon Tuesdays/10:00 to 11:00 am Thursdays

Omro Community Center

October 5- December 22

9:30 to 10:30 am Mondays/Thursdays

Valley VNA

September 9-December 22

11:00 to Noon Mondays/Wednesdays

Winneconne Highlands at River Crossing

October 1- December 22

10:30 to 11:30 am Monday/Thursdays

Tai Chi

Neenah, Memorial Park, George Scherck Shelter

September 16-December 2

Beginner- Wednesdays at 10:00am

Intermediate-Wednesdays at 11:00am

Participants can call the Neenah Parks and Rec to sign up. 920-886-6060

Omro Area Community Center

September 9-November 25

9:45-10:30 am Wednesdays

Court Tower or Marion Manor

September 10- November 19

1:15-2:00pm Thursdays



Contact Winnebago County Public Health for more information or to register:
920-232-3000 | health@winnebagocountywi.gov