

WELLNESS PLUS CLASSES

WINTER 2026 SCHEDULE

StrongBodies

Briarwood Cottages Oshkosh

January 6-March 24

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

Hyde Community Center

January 26-April 9

9:00 to 10:00 am Mondays/Wednesdays

Menasha Senior Center

January 13-March 26 (no class February 17)

9:30 to 10:30 am Tuesdays/Thursdays

Neenah YMCA

January 6-March 26

10:00 to 11:00 am Tuesdays/Thursdays

Neenah Highlands at Mahler Park

January 5-March 26

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

Omro Community Center

January 5-March 26

9:30 to 10:30 am Mondays/Thursdays

Valley VNA

January 19-April 9,

11:00 to Noon Mondays/Wednesdays

Winneconne Highlands at River Crossing

January 5-March 26

10:30 to 11:30 am Monday/Thursdays

Tai Chi

Omro Community Center

January 14-April 1

9:45 to 10:30 am Wednesdays

Memorial Park, George Scherck Shelter

January 14-March 18

10:00 to 11:00 am Wednesdays

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



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