



### Chair Yoga with Nikki

FREE (Registration not required)  
Every Wednesday  
10:30am (VOS - Community Room)



### Strong with Monica

FREE (Registration not required)  
Every Tuesday  
10:30am (VOS - Community Room)



### "Let's Stretch" with Monica

FREE for members (\$5 for non-members)  
Every Thursday  
10:30am (Wellness Connection)  
\*Shuttle service provided, pick up at VOS  
entrance at 10am



“  
Jump-start  
your  
strongest  
year yet!  
”

### Personal Training with Monica

Available for members (fees vary)  
Contact Monica to schedule a session.

\*Questions or to schedule? Contact: Monica Wildt  
at 262.965.7017 or mwildt@threepillars.org



### Core Strength & Balance Class

FREE for members (Registration required)  
Every Monday  
12:30 - 1pm (VOS - Community Room)

\*Questions or to register? Contact: Monica Wildt  
at 262.965.7017 or mwildt@threepillars.org

### Brain Health Group



From Symptoms to Solutions:

### A Practical Look at GI Health

Monday, February 23  
1pm (Holz Pavilion Theater)

\*Questions or to register? Contact: Jen Graf  
at 262.965.7133 or jgraf@threepillars.org