



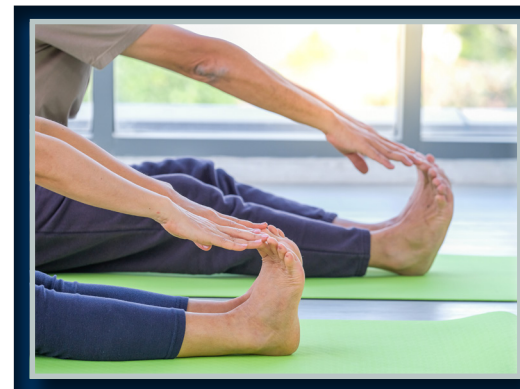
Chair Yoga with Nikki

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**



Consequences of Untreated Hearing Loss

Monday, January 26
1pm (VOS - Community Room)

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