



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



Champion Your Health OUTDOOR CHALLENGE

Outdoor Challenge
FREE (Registration not required)
Tuesday, May 5
10:30 - 11am (Holz Pavilion Entrance)

*Questions or to register? 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



Trishaw Bike Rides

Available Campus Wide!

[LEARN MORE](#)

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