



### Chair Yoga with Nikki

FREE (Registration not required)

Every Wednesday

10:30am - 11am (VOS - Community Room)



### Strong with Monica

FREE (Registration not required)

Every Tuesday

10:30am - 11am (VOS - Community Room)



### Let's Stretch with Monica

FREE for members (\$5 for non-members)

Every Thursday

10:30am - 11am (Wellness Connection)

Shuttle service provided, pick up at VOS entrance at 10am



### Walking Club

### Walking Club with Shorehaven

FREE (Registration not required)

Friday, July 10

10:15am - 11am (Holz Pavilion Entrance)

Questions? 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



### Wellness Bingo with OrangeShoe

FREE (Registration not required)

Friday, July 10

10:30 - 11:30am (VOS - Community Room)

Questions? Contact: Monica Wildt  
at 262.965.7017 or mwildt@threepillars.org