



Ph 1  
Physical

So 3  
Social

### Yoga with Nikki

\$7 per class (\$9 for non-members)

(Registration required)

Every Tuesday

3 - 3:45pm



Ph 1  
Physical

So 3  
Social

### ABC with Lisa

\$6 per class (\$8 for non-members)

(Registration required)

Every Monday

4:15 - 4:45pm



Ph 1  
Physical

### Personal Training with Monica

Available for members - fees vary.

Contact Monica to schedule a private or group (2 - 4 people) session.

\* Call 262.965.7017 or mwildt@threepillars.org to schedule a session.



Ph 1  
Physical

So 3  
Social

### Intro to Yoga with Nikki

FREE (Registration Required)

Monday, September 16

10:30am (CP Chapel)

\*Register in portal or contact Monica.



Ph 1  
Physical

So 3  
Social

### Intro to ABC with Lisa

FREE (Registration not required)

Monday, September 23

4:15 - 4:45pm

\*Free to members & non-members - Just show up & have fun!



Ph 1  
Physical

So 3  
Social

### "Let's Stretch" with Monica

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

Thursdays at 10:30am

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



## Open House - VOS Fitness Studio

Thursday, September 5  
1pm - 3:30pm

\*Monica will be on site to answer questions and provide demos. Dietician Rachael will be offering smoothies at 2:30pm

## Wellness Connection



## Dimensions of Wellness



## Walk to End Alzheimer's

Saturday, September 7  
8:30am - Event Opens  
9:40am - Opening Ceremony  
10am - Walk Begins

# Walk With Us!

**SATURDAY, SEPTEMBER 7, 2024 • FRAME PARK, WAUKESHA**

Three Pillars is forming a team in the Walk To End Alzheimer's and we want you to join us!

Bring a friend, neighbor or family member and let's walk together to show our support in the fight to end Alzheimer's disease.

Contact [Monica mwildt@threepillars.org](mailto:mwildt@threepillars.org) or [Jen Graf jgraf@threepillars.org](mailto:Jen Graf jgraf@threepillars.org)