

Wellness Connection Calendar



Chair Yoga with Nikki

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



ZUMBA© Gold with Lisa

\$5 per class (\$8 for non-members) (Registration not required) Every Monday, 4:15 - 4:45pm

*Shuttle service provided, pick up at VOS entrance at 4pm



Personal Training with Monica

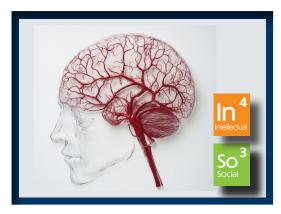
Available for members - fees vary. Contact Monica to schedule a private or group (2 - 4 people) session.

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



Brain Health Webinar

FREE (Registration not required)
Friday, November 8
10am (Holz Pavilion Theater)



Stroke Awareness

FREE (Registration not required)
Friday, November 15
2:30pm (Holz Pavilion Theater)



"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