



Ph¹
Physical

So³
Social

Chair Yoga with Nikki

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



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Physical

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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



Ph¹
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.



In⁴
Intellectual

So³
Social

Brain Health Webinar

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



In⁴
Intellectual

So³
Social

Stroke Awareness

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



Ph¹
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So³
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"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