



Chair Yoga with Nikki

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



"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



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.



High Octane Brain

FREE (Registration appreciated)
Friday, January 17
10am (VOS - Community Room)

*Contact Jen Graf, at 262.965.7133 or jgraf@threepillars.



Grieving life as we know it

FREE (Registration appreciated)
Monday, January 27
1pm (VOS - Community Room)

* Call 262.965.7017 or mwildt@threepillars.org

"Relax, Recharge, Renew This New Year!"



Profoundly Peaceful Massage & Healing

*Call 262.409.1747 or scan the QR code above
to book online