

September 2023

PAVILION PROGRAMS AND SPECIAL EVENTS

Where health, family and fitness meet.

Register as noted or online at TriHealth.com/FitnessPavilion | 513 985 0900



SEPTEMBER 2023 EVENTS

Football Kickoff

Support your favorite hometown team, the Cincinnati Bengals! Sport your favorite jersey or shirt, take pictures at our photo stations, grab a bag of popcorn after your workout.

Friday, September 8



"Back to School" - Pavilion Member Picture Day - 'Say Cheese'

It's Picture Day at the Pavilion! Update your membership photo in style! Come to the Welcome Center or the Front Desk to have your photo taken. All participants will receive a complimentary guest pass.

Monday through Saturday, September 11 – 16, during regular business hours

AQUATICS

Swim Lessons

Fall Session 1: September 11 – October 21, 2023 (No classes October 22-29)

Fall Session 2: October 30 – December 16, 2023 (No classes Nov 19-26)

Members \$72, Nonmembers \$108

Class days/times as follows:

Monday

5 – 5:30 p.m. Preschool (3-5 years); Warm Water Pool
5:30 – 6:20 p.m. School Age (6-12 years); Lap Pool
6:30 – 7 p.m. Aquababies (6 months-3 years); Warm Water Pool
7 – 7:45 p.m. Adults; Warm Water Pool

Saturday (all classes held in Warm Water Pool)

9 – 9:30 a.m. Aquababies (6 months-3 years)
9:35 – 10:05 a.m. Aquababies (6 months-3 years)
10:15 – 10:45 a.m. Preschool (3-5 years)
11 – 11:45 a.m. School Age (6-12 years)

Create Your "Breast Cancer Awareness" Fascinator

To prepare for our Pink Week in the Pool to bring awareness to breast cancer, we will be creating fascinators to wear during classes. All supplies and a light lunch provided with fee.

Wednesday September 27, 12 – 2 p.m.

Members/Nonmembers \$20 per person



FITNESS & PERSONAL TRAINING

NEW! Evolve

The Pavilion's NEW 8-week Small Group Training Series. Program includes pre and post biometrics and fitness testing, 50-minute workout sessions with warm-up, interval training and cool down/stretching.

Choose from session days & times, September 3 – October 28

2 workouts/wk; Members \$352 (\$22/session), Nonmembers \$432 (\$27/session)

3 workouts/wk; Members \$528, Nonmembers \$648

Registration forms are available at the Front Desk. Registration deadline: August 31

*2 participants required to hold a class

NEW! Boxing Fitness - Small Group Training Class

Unleash your inner Muhammad Ali with our 50-minute, beginner to intermediate level Boxing Fitness class. Through a variety of drills led by James Wilson, degreed and certified trainer, you will sculpt and tone while also improving your cardiovascular fitness and power.

Beginning September 5, Tuesdays 9:30 a.m., Studio C

Members only; Classes start at \$15 or \$120 for 10 classes. Packages available for purchase at the Front Desk.

Sign-up through the Online Member Portal or at the Front Desk.

*2 participants required to hold a class

Poker Walk/Run on the Trail

Join us for a fun Poker Walk on the ½ mile outdoor trail. Walk/Run five laps and receive a playing card at the end of each lap. The three best hands win! All ages welcome.

Wednesday, September 6, Start Time is 11:30 a.m., Meet at the Stop Sign at the start of the trail.

NEW! Introducing Mamas with Kiddos Bootcamp & Barre Classes: Workouts & Wellness Services for Busy Mothers

Mamas with Kiddos offers kid-friendly, judgment-free, all-encompassing, fun, flexible workouts designed for all moms. Bring your child to class or take advantage of drop off childcare in the Kids Life Center (6 weeks – 13 years) \$10/visit nonmember children. Organized by NASM Certified Personal Trainer Kristie Blankemeyer, and Registered Dietitian and Barre Certified Trainer Mandy Copenhaver, these programs can help you stay motivated and accountable to be the healthiest version of yourself.

September 6: Kick Off! Bootcamp & Barre Combo Class

Wednesday, September 6, 10 a.m.

Beginning the week of September 11 through November 29:

Monday, Boot Camp, 10 a.m., Kids Life Center Junior Gym

Wednesday, Barre, 10 a.m., Studio A

Members/Nonmembers \$12 per class or \$100 for 10 classes

Register online/on site or drop in!



Fit Blitz on Pavilion Social Media – 'Exercise for Balance'

Check out Facebook and Instagram pages every Thursday in September for tips on exercises to improve and maintain balance from our degreed and certified Personal Trainers. Come to the weekly workshops for a deeper dive into topics.



Fit Blitz Workshops – 'Exercise for Balance'

Tuesdays in September, 11 a.m. & 7 p.m., Meet at the 2nd Floor Fitness Desk.

Members only, \$5

Sign-up through the Online Member Portal or at the Front Desk.

Registration deadline: Monday, September 4.

TPI Golf Seminar

If you love golf, you won't want to miss this seminar! Learn the best golf fitness exercises to build strength, coordination, balance and make you stronger, faster and more agile on the golf course. Practice with our TPI instructor and get feedback on your technique.

Thursday, September 21, 1 – 2 p.m., Conference Room B

Sign-up through the Online Member Portal or at the Front Desk

Registration deadline: Tuesday, September 19.



NEW! Golf Fitness SGT 5 Week Series

NEW 5-week Small Group Training Series. The program includes 25-minute workout sessions that will focus on exercises specifically designed to target the muscles and mechanics involved in golfing to bring you to the top of the game.

Thursdays, September 28 – October 26, 10:30. – 11 a.m., Studio C

Members \$140, Nonmembers \$160

Sign-up through the Online Member Portal or at the Front Desk. Registration deadline: Monday, September 25.

HEALTHY LIFESTYLES

Cooking Demo: Healthy Game Day Snacks

Kick off football season with a healthy spread on game day! Join Registered Dietitian Julie Woodmansee RD, LD to learn to prepare snacks and apps with a nutritional boost. RSVP at front desk by September 8.

September 13, 12:30 p.m.

FREE to Members, Nonmembers \$10

Healthy Living Workshop: Healthy Aging for Women

Join Registered Dietitian Kate Spitzer RD as she discusses nutrition and lifestyle considerations that support healthy aging for women – including ways to combat menopause related weight changes.

September 20, 12:30 p.m.



KIDS' LIFE CENTER (Space is limited for kids' programs)

Youth Birthday Parties

Our Kids' Life Center features 3 packages: FUN, SUPER FUN & SPLASHIN for children ages 1-12. Ask about our discount with Marco's pizzeria. Plus, receive 15% off your second party booking in the same year!

Saturdays, 1 – 3 p.m. with reservation

Call 513 246 2647 for more info.

Friday Night Fun Zone

Every Friday Night bring your kids to us and enjoy an evening to yourself. Activities planned include arts & crafts to games, relays and swimming. Reserve your spot one week in advance. Pack a small snack/dinner (Please no nut products, Kids Life Center is nut free).

Fridays, September 1 – November 10 (Excludes any Friday that the Kids Center has a special event scheduled)

**Members & TriHealth Team Members: first child \$20, each additional child \$5
Nonmembers: first child \$25, each additional child \$5**



RECREATION

Soccer Skills Clinic by Skyhawks (6 weeks)

Kids will learn the fundamentals of soccer, balance, coordination and agility. Ages 4-7.

Tuesdays, September 19 – October 24, 5:15 – 7:15 p.m.

Members \$125 (can charge to account if interested), Nonmembers \$135



School's Out Day Camp

Bring your child for a day full of fun! The Kids' Life Center Team will have a variety of games & activities planned all day, plus the kids go swimming. Pizza & frozen treat included; Pack a bag lunch (no peanuts, please). Kids Ages 6 & up. Registration deadline: September 27

Friday, September 29, 9 a.m. – 4 p.m.

Members \$45, Nonmembers \$55

Offering before- camp care 7:30 – 9 a.m. & after- camp care 4 – 6 p.m., Additional \$8 per child, payable at check in

SPA

Active Aging: Hot Cold Massage with Kate or Krystal 15% discount



TriHealth
Fitness & Health Pavilion

TriHealth.com/FitnessPavilion