

# August 2023

## PAVILION PROGRAMS AND SPECIAL EVENTS

Where health, family and fitness meet.

Register as noted or online at [TriHealth.com/FitnessPavilion](https://TriHealth.com/FitnessPavilion) | 513 985 0900

### AUGUST 2023 EVENTS

#### Family Fun Movie Night

Join us for our annual evening of fun. There will be an outdoor movie feature, food trucks, music, outdoor swimming, facepainting, games, and more! Deadline to Register July 31st.

**Friday, August 4, 7:30 p.m. until movie is over**

**Member/Nonmember Family of 5: \$32 or**

**Adult/Child \$8 per person, Children under 3 are FREE**

Sign up through the online Member Portal or at the Front Desk



### AQUATICS

#### Mini Swim Camps – Summer Mini Group Swim Camps

45-minute classes held Monday through Thursday each week. There will be 9 sessions this summer and a new session starts every Monday. Classes are held in the morning and evening. Registration begins May 1st for all summer sessions. No classes week of July 4th.

**Weekly, June 5 – August 11, 2023.**

**Preschool 10 a.m. or 5:45 p.m.; School Age 10 a.m. or 5:45 p.m.**

**Members \$48, Nonmembers \$72**



### FITNESS & PERSONAL TRAINING

#### Pavilion “Ballpark” Tour

Grab your Passport and take a tour with us. Complete a passport full of activities as you take a tour through the Pavilion “Ballpark”. Complete your passport and be entered into a raffle prize drawing. Fitness, aquatic, spa and youth activities included.

**Tuesday, August 1–29.**

Pick-up your passport at KLC, Lifeguard Station, Fitness Desk, Spa or Front Desk.

### HEALTHY LIFESTYLES

#### Momentum + Movement

This weight management program focuses on making lifestyle changes. Participants meet with a Registered Dietitian once per week and with a medical exercise specialist once per week.

**Tuesdays and Thursdays, July 25 –**

**October 19, 6 p.m.**

**Members \$299, Nonmembers \$399**

Contact Karen Sims at 513 246 2622 to register.



#### HealthOne

This 20-week weight loss program is led by a Registered Dietitian and utilizes a meal replacement product to allow for quicker weight loss. The program is for those whose BMI is greater than 27.

**Thursdays, August 3 – December 14, 11:30 a.m.**

Contact Karen Sims at 513 246 2622 for pricing information or to register.

#### Cooking Demo: Family Lunch Box Ideas

Need healthy ideas for school and work lunches? Join Registered Dietitian Julie Woodmansee to learn how to pack healthy lunches like a pro! Learn quick and easy recipes, along with simple tips for packing family-friendly lunches.

**August 23, 12:30 p.m.**

**FREE to Members, Nonmembers \$10**

Sign-up at the front desk.



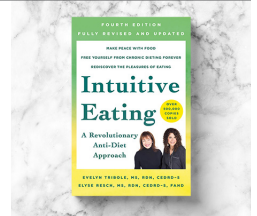
#### Book Club: *Intuitive Eating*

*Intuitive Eating* is a non-diet approach to improving one's relationship with food & eating. We will be using the book *Intuitive Eating* by dietitians Evelyn Tribole and Elyse Resch and exploring a chapter each week. Book not included.

**Thursdays, beginning August 29, 6 p.m.**

**Members \$125, Nonmembers \$175**

Contact Karen Sims at 513 246 2622 for more information or to register.



#### Healthy Living Workshop: Picky Eating

Do you or your family struggle with picky eating? Join Registered Dietitian Kate Spitzer to learn techniques to support more adventurous eating, alternative foods to meet nutritional needs and when to seek more support.

**August 30, 12:30 p.m.**

### KIDS' LIFE CENTER

#### Friday Night Fun Zone – this Summer

Parents can enjoy an evening to themselves! A variety of kids' activities are planned including arts & crafts, games/relays and swimming! Space is limited. You must reserve your spot one week in advance. Pack a small snack/dinner.

Please NO nut products, we are a nut-free facility.

**Fridays, June 2 – August 25 (except August 4)**

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

**Nonmembers: first child \$25, each additional child \$5**



### RECREATION

#### Pickleball Clinic: What Do YOU Want to Learn Edition

This clinic is for ANY pickleball player that needs help tweaking their skills, who wants to know more about the game & who wants to get educated on new techniques. You will learn new techniques, play & enjoy Q & A at the end. Please submit all questions before the clinic by comment card to the Recreation Department by August 25th

**Monday, August 28, 10:00 a.m. & 6:00 p.m.**

**FREE to Members, Nonmember \$15**

Sign up through the online Member Portal or at the Front Desk.



  
**TriHealth**  
Fitness & Health Pavilion

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