

December 2023

Pavilion Programs and Special Events

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



Healthy for the holidays!

AQUATICS

Holiday Carry-In Luncheon

Let's celebrate the wonderful fun we have had in the pool in 2023 with a Water Exercise carry-in lunch! Join us for fellowship, food and fun.

Thursday, December 7, 11:30 a.m., Conference Rooms

Register at the Front Desk.

Group Swim Lessons: Child to Adult

Winter Session 1: January 8 – February 17, 2024

Winter Session 2: February 26 – April 13, 2024

(No classes Easter Week 3/25-3/31/24)

Members \$72, Nonmembers \$108

Class days/times as follows:

Monday

5 – 5:30 p.m.

Preschool (3-5 years); Warm Water Pool

5:35 – 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

Wednesday

6:30 – 7:15 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)



Float In Movie Night

Join us to watch Christmas Chronicles in the Warm Water pool. Pizza, popcorn and drinks provided. Open to members and non-member guests.

Friday, December 1, 5:30 p.m., Warm Water Pool

Members/Nonmembers \$8 per person or

\$32 for a family of 4 or more

Register at the Front Desk by November 27, 2023.



FITNESS & PERSONAL TRAINING

Mamas with Kiddos! For Busy Moms

Fun, flexible workouts designed for all moms. Bring your child to class or take advantage of drop-off childcare in the Pavilion Kids' Life Center – ages 6 weeks to 13 years, Nonmember children, \$10/visit. Membership not required; ask about fitness center discounts.

Boot Camp; Mondays, 10 a.m.

Barre; Wednesdays, 10 a.m.

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

Register at TriHealth.com/FitnessPavilion or pay per visit.



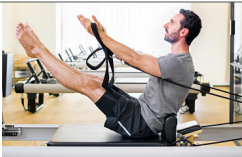
NEW! Reformer Small Group Training Series

8-week Pilates Reformer series designed specifically for men. Target muscle groups utilized during golf, pickleball and other recreational sports. **Thursdays,**

December 7 – January 25 at 10:30 a.m.

Members \$180, Nonmembers \$264

Register via Online Portal or at the Front Desk.



Fit Blitz on Pavilion Social Media – 'Fit for the Holidays'

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.



12 Days of Wellness Member Challenge

Keep up with your exercise routine throughout the holidays. Complete 12 days of wellness activities in December for a chance to win prizes!

December 12 – 31

FREE to Members

Challenge cards available at the Fitness Desk beginning Tuesday, December 12.

Measure Up! Know Your Numbers

Register for a complimentary fitness assessment that will identify your current strength, cardiovascular, flexibility and biometric scores. Our certified team will identify where you are now and help you set goals to make improvement. Win a raffle prize!

Wednesday, December 13 and Thursday, December 14

Members only

Sign-up at the Front Desk or Fitness Desk.



Golf Fitness Seminar with a Titleist

Performance Institute Trainer: 'Back Swing'

Add power and distance to your golf game! We will teach you new golf fitness exercises that create strength, coordination and speed, as well as sequencing your swing to develop optimal ground-force reactions.

Monday, December 18, 5 – 6 p.m., Conference Room B

FREE to Members & Nonmembers

Register via Online Portal or by calling or stopping by the Front Desk.



MEDICAL EXERCISE

Weight Management & Healthy Lifestyle Info Session

Learn all about our supervised Medically Integrated programs, Weight Management and Healthy Lifestyle programs.

Thursday, December 7, 6 p.m., Conference Room B

KIDS' LIFE CENTER

Waffles with Santa:

Holiday Kids' Cooking Demo

Dietitians will teach our little ones how to make holiday pancakes with our special guest, Santa! After demo, kids can enjoy active play in the Jr. Gym & photos with Santa! Reservation Required. Limited Spaces. Ages 4 and up.

Saturday, December 9, 11 a.m. – 1 p.m.

FREE to Members

Nonmembers: first child \$10, each additional child (in the same family) \$5

Registration deadline: December 6



4-Day Winter Break Camp

Camp Crazyfood – Holiday Treats: December 27–29 & January 2

Kids will discover how to make fun and tasty recipes through creative activities and engage in crazy active games!

Ninja Warrior Bootcamp: January 3–5 & 8

Children will learn moves and skills through fun obstacle courses and circuit stations.

No Camp Dec. 25, 26, Jan. 1 & Weekends

Register online at the Sign Up Genius link by December 22.

RECREATION

NEW! Meet & mingle with other Pavilion Members!

Introducing a New Monthly Social Recreation Calendar for Members (Pick-up Calendar at the Front Desk):

Let's Talk About It Tuesday: December & January

Every 2nd or 3rd Tuesday of the month a new topic & guest speaker

Let's Meetup Wednesday

Walking Club at 10 a.m. on the Outdoor Track (Indoor Track if inclement weather) or Open Pickleball in the Sports Arena

Every Thursday: Games, Puzzles, Trivia & Cards in the Café

10:30 a.m. – 2 p.m. Bring a friend or a group to open play.

SPA

Holiday Specials for December

Gift Cards Make Great Holiday Gifts!

Gift cards available in any denomination from the Pavilion Spa

Hydra Microdermabrasion

Schedule your Hydra Microdermabrasion and receive a complimentary Dermaplane (\$60 value)

LipScience Specials

Purchase 1 product get 5% discount

Purchase 2 products get 10% discount

Purchase 3 products get 15% discount



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