

October 2023

PAVILION PROGRAMS AND SPECIAL EVENTS

Where health, family and fitness meet.

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



OCTOBER 2023 EVENTS

Walk for Waffles

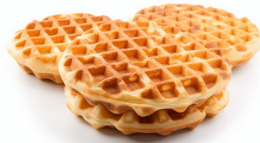
Walk or run a 5k on the outdoor trail and then enjoy a healthier waffle breakfast created by one of our Registered Dietitians. Will walk indoor track if inclement weather.

Wednesday, October 18, 8:30 a.m. walk; 9:30 a.m. waffles

FREE to Members, Nonmembers \$10

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

Registration deadline: Monday, October 16.



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)

Pink Week In The Pool

Join us each day for information regarding breast cancer, free giveaways, social media posts. We encourage anyone coming to the pool or to class to wear the fascinators we made on September 27 or to wear pink during this week!

October 8 — 14



Adaptive Swim Lessons

Adaptive swimming lessons geared towards people with cognitive, developmental, and neurological challenges. Including but not limited to: Autism Spectrum Disorder, ADHD, Cerebral Palsy, Down Syndrome, Visual, Hearing or Speech Impairments, Learning Disabilities. Our instructors have specialized training for this child-focused learning environment that moves at their pace.

October 3 — 24, 2023; Tuesdays, at 6 p.m. and 6:35 p.m.

Members \$60, Non-members \$72

Pumpkin Decorating Contest — Aquatics Themed

Calling all members and team members to join us in a pumpkin decorating contest...the twist...you need to have a water theme! Winner will receive a beach towel or Strong Board 3-pack of lessons! Finished pumpkins need to be dropped off at the lifeguard stand with your name and phone number by October 25, 2023

FITNESS & PERSONAL TRAINING

NEW! Corporate Lunch & Lift Small Group Training

Squeeze in a great workout on your lunch break from work! This class meets every Tuesday and Thursday for 4-weeks for a 25-minute, high intensity workout, including warm-up and cool-down. A nutritional boxed lunch is included for you to take back to work with you.

Tuesdays & Thursdays, October 3 — 26, 12 — 12:30 p.m., Studio C
Members \$200, Nonmembers \$240

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

Registration deadline: Monday, September 25.

*2 participants required to hold a class.

Spooky Spinning Ride

Costumes encouraged!

Wednesday, October 25, 5:30 p.m., Studio B

Halloween 'Glam Party'

Wednesday, October 25, Time TBA, Studio A

HEALTHY LIFESTYLES

Healthy Living Workshop: Cancer

Cancer remains one of the leading causes of death in the US. Chances are, if you are not fighting cancer, you know someone who is. Join Registered Dietitian Christy Bahan RD to learn about nutrition and lifestyle habits that can help decrease the risk of cancer or a recurrence.

October 18, 12:30 p.m.

Cooking Demo: Healthy Pizza Recipes

Skip delivery and learn to make healthy pizza at home. Join Registered Dietitian Julie Woodmansee RD, LD in the kitchen as she prepares both traditional and plant-based pizza recipes. RSVP at front desk by October 20.

October 25, 12:30 p.m.

FREE to Members, Nonmembers \$10

KIDS' LIFE CENTER

Freaky Friday Fest & Magic Show

Attention all little goblins! Come dressed in your Halloween costumes and join us for a frightening good time at our annual Halloween carnival. Our famous Magic Show is back this year, enjoy fun activity stations featuring our creepy crawlers station, face painting, & much more. Don't miss out on the spooky sounds, goofy games & Halloween treats for the whole family to enjoy!

Friday, October 27, 6 — 7:30 p.m.

Members/Nonmembers \$7 per child (ages 2 and up), Children under age 2 and adults are FREE



SPA

Microblading 20% off

Oncology Massage 15% off

