

# Spring 2023 – March, April & May

## PAVILION PROGRAMS AND SPECIAL EVENTS

Where health, family and fitness meet.

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

### SPRING 2023 EVENTS

#### Corporate Open House

Members join us for our 2023 Pavilion Corporate Open House!  
Thursday, March 9, all day.

#### Cincinnati Reds Baseball Opening Day

Show your team spirit by sporting your favorite team's gear on Opening Day 2023! Let's Go Redlegs!  
Thursday, March 30, all day

#### Outdoor Pool Opening

The outdoor pool will open for the 2023 season!  
Saturday, May 27, 11 a.m.

#### 'Stepping On' Fall Prevention Program

Details and registration at [TriHealth.com/Seniority](http://TriHealth.com/Seniority) or call 513 569 5400

### FITNESS & PERSONAL TRAINING

#### MARCH

#### NEW! Group Ex Class: Wedding Line Dance with Robin!

Have a wedding coming up? Want to look like a Pro on the dance floor? Learn the "Cha Cha Slide", "The Wobble", "Cupid Shuffle", "Electric Slide" and other famous line dances performed at wedding receptions during this three-month class. Brush up on the classics while learning some new routines.

Wednesdays, March 1 to May 24

10 – 10:50 a.m. & 5:30 – 6:20 p.m.; Studio A

FREE to Members

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

#### Golf Fitness Workout Series

Take part in this six-week series for a great workout that will help you stay in shape for your golf game while also learning about the newest trends in golf fitness!

Tuesdays, March 7 to April 11, 11 – 11:50 a.m.; Sports Arena

Members only. \$99 for the series.

Sign-up through online Member Portal or contact Justin Thompson, 513 246 2646 or [Justin\\_Thompson@TriHealth.com](mailto:Justin_Thompson@TriHealth.com)

#### March Madness Fitness Challenge

Get in the spirit of the madness and take part in this friendly competition amongst members! Compete in weekly exercise challenges – winners advance in the bracket and earn chances for prizes!

March 14 to April 3

FREE to Members

Sign-up at the Fitness Desk or call 513 246 2640 no later than March 12.

#### Complete Heart Mini at the Pavilion

We are offering an alternative option to going downtown for the 5K Heart Walk, you can complete the walk here at the Pavilion on either the indoor or outdoor track. Want to sign up and looking for a team? Join The Pavilion's Cardiac Rehab team – The Cardiac Rehabbers! See flyers around Pavilion with QR code to join the team.

Sunday, March 19, 9 a.m. – 1 p.m.

#### Dunks for Down Syndrome

Take part in some fun basketball challenges to raise support and awareness for Down Syndrome on World Down Syndrome Day.

Tuesday, March 21, 10:30 – 11:30 a.m., Sports Arena, 5 – 6 p.m. Kids Life Center Gym

\$10 Donation encouraged. Participants will receive one complimentary fitness center guest pass.

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

#### APRIL

#### 23rd Annual TriHealth Pavilion Triathlon

This month-long event challenges you to complete the 3 parts of a Triathlon. Get a T-shirt when you finish!

April 1 – 30

FREE to Members

Sign-up at the Fitness Desk beginning March 20. Registration ends April 7.

#### Join La for Yoga on the Lawn!

Celebrate Earth Day while taking in the fresh air and re-energizing with a yoga class outdoors. Please bring a Yoga Mat or one will be provided. Rain or Shine! In the event of rain we will hold "Yoga on the Court" in the Sports Arena.

Saturday, April 22, 10 a.m.

FREE to Members

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

#### What is Pilates Reformer?

Join us and our certified Pilates instructors who will share a brief description of Pilates, Mat Pilates and the Pilates Reformer and the benefits of adding Pilates into your routine.

Tuesday, April 4, 12:30 p.m., Conference Room B

FREE to Members & Nonmembers

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

#### MAY

#### Training Specials – Personal Training & Reformer

Not valid on Small Group Training packages

Personal Training Buy 5-pack, get 1 session free

Pilates Reformer Buy 20-pack, get 2 sessions free (good for class & private packages)

#### May 'Makeover' Small Group Personal Training

Makeover your workout sessions with this 7-week program designed to boost your muscular and cardiovascular performance. Program includes pre and post biometrics and fitness testing, 50-minute workout sessions with warm-up, interval training and cool down/stretching.

Choose from sessions, May 1 to June 17:

2 Group Workouts/week: Members \$199, Nonmembers \$249

3 Group Workouts/week: Members \$249., Nonmembers \$299

Registration forms available at the Front Desk

#### 'Move 150' – 150 minutes per week

In honor of Medical Fitness Association Week, let's get up and move! This program is for everyone – kids and adults. Get the whole family involved! MOVE150 is a program designed around the goal of obtaining 150 minutes of activity over the course of the week.

May 8 – 14; Kick-Off Party, May 8, 11 a.m. – 1 p.m.

FREE and open to the community

Challenge cards available at the kick-off party or at the fitness desk, lifeguard station, Kids Life Center or front desk.

#### Wedding Line Dance Celebration

You're invited to the party! Join us as we celebrate members who have been participating in the Wedding Dance class learning a variety of line dances over the past three months. Let's turn up the music and put on those dancing shoes!

Wednesday, May 31, 10 a.m. and 5:30 p.m.

FREE to Members

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

### AQUATICS

#### MARCH

#### Group Swim Lessons

Session 2: February 20 – April 1, 2023

Session 3: April 17 – May 20, 2023

See class times on [TriHealth.com/Aquatics](http://TriHealth.com/Aquatics)

Members \$60, Nonmembers \$90

Members register online, Nonmembers visit the front desk.

#### NEW! Weekly Swim Strokes & Drills Clinic with Dianna Lewis

Looking to add value to your lap swim workout? Join Dianna each week for a 30-minute mini swim clinic. Dianna is a 14-year competitive swimmer, 2x state swimming champion with 7 years of swim lesson and stroke instruction experience. Each class will last 30 minutes. To participate in this class you must be able to swim 200-meters easily.

Begins March 7, Tuesdays 11:30 a.m. and Wednesdays, 6 p.m.

Members only. \$5 per class

Register online or at the front desk.

#### APRIL

#### Lifeguard Certification Classes

Looking for a fun and flexible job this summer? Take the Lifeguard Certification course on us with a commitment to working at the Pavilion.  
April 21 – 30, 2023, Friday 5 – 8 p.m., Saturday & Sunday 9 a.m. – 5 p.m.  
Contact Sheri Reid for registration.

#### MAY

#### Summer Mini Swim Camps - Registration starts May 1

45-minute classes held Monday through Thursday each week. New session starts every Monday. Classes are held in the morning and evening for your convenience. There will be 9 sessions this summer running weekly from June 5 through August 11, 2023. Registration will open May 1 for all summer sessions.

Morning sessions, 10 a.m.; Preschool, School Age, Aquababies

Evening sessions, 5:45 p.m.; Preschool, School Age, Aquababies

Members \$48, Nonmembers \$72

#### NEW! Water Exercise Instructor Apprentice Program

Interested in learning how to teach water exercise classes? Join us this spring where you will shadow our amazing team of instructors teach a variety of classes. If you decide you would like to proceed with certification and will commit to working at the Fitness Pavilion we will pay \$100 towards your AEA certification. Limited spots available.

## HEALTHY LIVING PROGRAMS

### MARCH

#### Cooking Demo: Spicy Olive – Cooking with Flavored Oil & Vinegar

Have you used flavored oils and vinegars in your cooking? Whether you're a fan or new to the idea, please join us for a very special demo by Melanie Cedargren, owner of The Spicy Olive. Her theme is "Lighten Up" and she will do light spring recipes, including a salad, using Spicy Olive products.

March 8, 6 p.m.

Members FREE, Nonmembers \$10

Please sign up at the front desk.

#### Healthy Living Workshop: Smart Ways to Organize Your Kitchen for Better Health

Join registered dietitian Julie Woodmansee to learn how to declutter your kitchen and create functional zones to improve your health. A well-organized kitchen can improve eating behaviors, reduce stress, make cooking more enjoyable, and save you time and money.

March 15, 12:30 – 1:30 p.m.

#### Healthy Lifestyles Information Sessions

Learn about the programs we offer to help you manage your weight and develop healthy lifestyle habits.

March 29, 12:30 – 1:30 p.m. & 6 – 7 p.m.

Conference Room B

### APRIL

#### Healthy Living Workshop

Do you have questions about your Thyroid? Join Registered Dietitian, Christy Bahan on the importance of our thyroid, conditions & symptoms that arise when it doesn't function properly, when to be screened, & how these conditions are managed/treated.

April 5, 12:30 – 1:30 p.m.

#### Cooking Demo: Lunch On-The-Go – Quick and Easy Mason Jar Salad Recipes

Healthy eating doesn't have to be complicated! Join registered dietitian Julie Woodmansee to learn how to build a mason jar salad for a quick and healthy grab n' go lunch.

April 19, 12:30 – 1:30 p.m.

Members FREE, Nonmembers \$10

Please sign up at the front desk.

### MAY

#### Cooking Demo: Mother's Day Healthy Brunch

Surprise mom this Mother's Day with a healthy brunch! Join registered dietitian, Julie Woodmansee to learn to prepare a make-ahead brunch menu that the whole family can enjoy.

May 3, 12:30 – 1:30 p.m.

Members FREE, Nonmembers \$10

Please sign up at the front desk.

#### Healthy Living Workshop

Did you know the gut is connected to many other areas of our health? Join registered dietitian Kate Spitzer to learn diet modifications that can support healthy digestion, and other basic lifestyle strategies for common GI complaints.

May 24, 12:30 – 1:30 p.m.

Conference Room B

## KIDS LIFE & RECREATION

### MARCH–MAY

#### NEW! 4-Week Women's Self Defense Clinic

Ladies, are you looking for a program that will leave you feeling empowered? Join our newest program that will teach you basic self-defense techniques. Amongst other women, enjoy learning fundamentals that will leave you feeling good & feeling confident that you're doing something to take care of yourself.

February 22, FREE Demo Day

March 1 to 22, 6:30 – 7:30 p.m.

Members \$65, Nonmembers \$75

#### Friday Night Fun Zone!

Moms and Dads would you like a Friday evening to yourselves? Sign your child(ren) up for three hours of fun and activities. Each week we will have different activities planned from arts & crafts to games/relays. It will be a night full of non-stop fun for your kids! Space is limited! Registration begins one week in advance for each Friday the program is offered.

Fridays, Beginning March 3, 4:30 – 7:30 p.m.

Members: First child \$20, Each additional child \$5

Nonmembers: First child \$25, Each additional child \$5

#### Afterschool Fencing Program: Session 2 for Youth & Adults

This fun, engaging, teambuilding program is back for another six weeks. We are inviting all ages 6 & up. In our previous session, participants learned the fundamentals of Fencing. This session participants will be introduced to Footwork, Strategy and Tactics & More.

Tuesdays, March 7 to April 11, 4:30 – 5:30 p.m.

Members \$55, Nonmembers \$60

#### Laffalot Spring Break Camp

Multi-Game Camp for boys & girls ages 5 & up. The Laffalot team will keep your child active ALL day. Campers go swimming daily (lifeguard & camp counselor supervised). Pack a bag lunch (no peanuts, please).

Monday through Friday, March 20 to 24, 9 a.m. – 4 p.m.

Offering before care 8 – 9 a.m. & after-camp care from 4 – 6 p.m.

Single day \$40, Any 3 days \$105 & All 5 days \$165

#### 2023 Summer Camps at the Pavilion

We'll keep your kids active all summer with camps of all kinds, from cooking to multi-sports for kids ages 5 & up. \*Swim time also included each day.

Early Bird Special going on now & ends May 1.

Go to [TriHealth.com/TriHealthPavilion](http://TriHealth.com/TriHealthPavilion) > Kids > Youth Camps & Programs

#### Additional Pickleball Options

Pickleball players if you need additional lessons on Pickleball in a group setting or private lessons, we got you covered.

Pickleball Training

3 to 4 small group training sessions scheduled on Fridays from 4 – 8 p.m.

\$30/hour

#### Calling All Basketball Players

Do you enjoy playing basketball and are you looking for a group to join? Visit the front desk to join our basketball community email distribution list. You will be informed of any special events, changes to the sports arena calendar & give the basketball players a chance to communicate on meet-up times.

Pick-Up Basketball for Members & Nonmembers

Tuesdays & Thursdays, 5:30 – 8 p.m., Saturdays & Sundays, 10 a.m. – Noon

Members FREE, Nonmembers \$20 per visit (includes full access to the Pavilion)

## SPA

### MARCH

#### Acupuncture & AllerEase for Seasonal and Year Round Allergies

While many over-the-counter remedies promise symptomatic relief, practitioners of Traditional Chinese Medicine (TCM) believe that addressing the causes of allergies, treating the whole person, and focusing on balancing the immune system leads to substantial long-term health benefits in managing allergies.

Breathe easier this season! Consult with one of our licensed acupuncturists.

\$85 per treatment. Schedule your session, call 513 246 2636

#### Go Green this Spring!

Save 15% on hydrating, slimming or stone crop body wrap. Sure to get you ready for "Spring Break"

### APRIL

#### Wake up your eyes for Spring

Look your best for Easter, Graduation and all your spring celebrations with 25% off Eyebrow Microblading

### MAY

#### For all the Mother figures in your life

With every HydroMicroDermabrasion you receive in May, you will receive a complimentary Eminence organic skincare starter kit.