

Pavilion Programs and Events

April 2019

Register for all programs with the Pavilion Front Desk Receptionist or call 513 985 0900. Visit TriHealth.com/FitnessPavilion.



Pavilion Triathlon XX 20th Anniversary

Push toward your summer fitness goals by participating in the 20th running of our Pavilion Triathlon incentive program! The month-long program consists of completing 26.2 miles running or walking, 112 miles biking and either 2.4 miles swimming or 15,000 meters rowing, all during the month of April.

April 1–April 30
Members FREE



Student Summer Memberships

Short-term summer memberships are available for high school and college students. This three month, paid-in-full membership is only \$129 with a valid student ID (price includes processing fee and tax). Call 513 246 2611 or visit Member Services for more information.

Explore and More Summer Camps

This summer, bring your kids out to the TriHealth Fitness & Health Pavilion to play. We will keep your kids active all summer with camps (including swim lessons) of all kinds, from cooking to multi-sports for kids ages four and up.



Breathe Easier This Spring with Acupuncture for Allergies

Acupuncture can reduce the misery of allergies, asthma and chronic sinusitis without the side effects of medication. It is also effective in treating digestive disorders, headaches, back and neck pain, arthritis and pain disorders. Call 513 246 2636 to schedule.

Momentum Weight-Loss Program

Our Registered Dietitians will lead you in our new 12-week non-surgical weight management program. This class includes a three-month membership to the Pavilion as well as a free fitness consult and orientation with a personal trainer.

Class starts: Tuesday, April 9 at 6 p.m.

Cooking Demonstration Cooking for Weight Loss

Join Dr. Gray and Registered Dietitian Becky Diener, as they continue their cooking for weight loss series. Learn quick, healthy and delicious cooking ideas!

Wednesday, April 10, 12:30 and 6 p.m.

Members FREE, nonmembers \$10 per class

Pilates Reformer Intro Session

This three hour prerequisite workshop will teach you all the skills to participate in Pilates reformer.

Saturday, April 13, 1:45 - 4:45 p.m.

Members \$60, nonmembers \$80

Pancakes with the Easter Bunny Celebration

Come celebrate with the Easter Bunny! Our special day will begin with fluffy pancakes & other small treats prepared by our café staff.

Saturday, April 13, 9:30 a.m. – noon
Children \$5, adults \$8, children 2 and under FREE



Healthy Living Workshop Maintaining Blood Pressure

Join our Pavilion Dietitians to learn about what the guidelines are and how to get and keep your blood pressure in a healthy range.

Wednesday, April 17, 6 p.m.

Members and nonmembers FREE

Pavilion Spa Facial Special

Renew your skin for spring with an Eminence Facial in the Pavilion Spa. **\$65.00**

American Red Cross Swim Programs

If interested, please contact Cincinnati Aquatic Training Services at 513 306 7760 or CincinnatiAquaticTraining.com.

American Red Cross Lifeguarding Review

This class is for students who are current American Red Cross lifeguards and whose certification is about to expire. Current certification in Red Cross Lifeguarding/First Aid/CPR/AED is required. Students must also pass the prescreening lifeguarding requirements.

April 1 – 5, Monday, Wednesday and Friday, 5 – 9 p.m.;

or May 6 – 10, Monday, Wednesday and Friday, 5 – 9 p.m. \$175

Lifeguard Certification

This class is for students who want to become an American Red Cross Certified Lifeguard. Students will learn the skills necessary to become a professional Lifeguard. Students who successfully complete this course will receive a certificate for Lifeguarding/First Aid/CPR/AED which is valid for 2 years from the course completion date.

April 26 – May 5,

Fridays 5 – 9 p.m.,

Saturdays and Sundays

9 a.m. – 5 p.m. \$350

**Don't forget to
sign up for summer
swim lessons!**



TriHealth

Fitness & Health Pavilion

TriHealth.com/FitnessPavilion