

Pavilion Programs and Events

June 2019

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



TriHealth Healthy Back Program

Back pain is one of the most common reasons people go to the doctor or miss work and it is the leading cause of disability worldwide. Fortunately, you can take active measures to learn ways to relieve most back pain. The Pavilion's program will last 12 weeks (2 days per week, one hour each) and sessions will include an educational component and varied exercise sessions. For more information, call or email Karen Sims at 513 246 2622 or Karen_Sims2@trihealth.com.

Classes will begin Tuesday, June 11 and run every Tuesday and Thursday at 6:30 p.m. for 12 weeks. Members \$349, nonmembers \$585 (includes three month facility membership)



Student Summer Memberships

This three month, paid-in-full membership is only \$129 with a valid student ID. Call 513 246 2611 or visit Member Services for more information. Join by June 30.

Teens in Training (TNT)

The Teens in Training program is required for 13 year old teens who would like to be a member and work out on the fitness floor and is open to any teen 13-18 years old. The program includes four, 30-minute sessions that educate teens about the importance of exercise and fitness. *Members \$75, nonmembers \$99*



Aqua Zumba

Make a splash by adding a low-impact, high-energy aquatic exercise to your fitness routine. Class is held in the outdoor pool and water shoes are recommended.

Tuesdays, June 4 – August 13, 10:50 - 11:50 a.m. (no class June 25 or July 2) Members FREE

Cooking Demonstration

Cooking for Weight Loss

Join Dr. Nina Gray and her Registered Dietitian, as they continue their cooking for weight loss series.

Wednesday, June 5, 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, June 8, 1:45 - 4:45 p.m.

Members \$60, nonmembers \$80

Weight-Loss Class Information Session

Find out more about our weight-loss classes. Choose from our two great programs: Momentum or HealthOne.

Monday, June 17, 6 p.m.

Movie Night at the Pavilion

It's back! All members are invited to this summer's member celebration with an outdoor movie for the whole family. BYOB— please, no glass containers. The outdoor pool will close at 4:30 p.m. for event setup.

Friday, June 28, 7:30 - 10 p.m.

Members FREE, adult guests \$10, child guests \$5



Healthy Living Workshop

Wonderful Water

Did you know the human body is roughly 60% water? So just how much water should we be drinking each day? Learn this and more with our Pavilion Registered Dietitians!

Wednesday, June 26, 6 p.m.

Members and nonmembers FREE

Connecting with Your Body 101 Workshop

Over time we get so used to how our body "manages" stress that we don't realize that it is trying to get our attention. If we don't stop to take care of ourselves, our bodies eventually start to break down. When we can recognize we are stuck in patterns, then we can change our patterns to positive ones and create more joy in our life.

Thursday, June 20, 6:30 - 7:30 p.m.

Members \$25, nonmembers \$35

Course Management

What can you do to plot your way around the golf course and get a better score?

Join Golf Pro, Matt Starr, PGA, and take a more in depth look at your shot distribution patterns and target selection during a round of golf.

Wednesday, June 26, 12:30 - 1:30 p.m.,

Members FREE, nonmembers \$10



Pavilion Spa June Specials

Men's Health Month

Massage – Special Series package available; 4-60 minute Swedish massages for **\$250 (save\$50)**

Skin Care – Give the man in your life the gift of a relaxing facial with our skin care experts **\$50 (save\$22)**

Waxing – **15% off** any waxing service

Summer Swim Lessons

Weekly Swim Lessons – 15% off

This program will teach water safety and swimming technique to children ages 4-10.

Weekly sessions run from May 28 – August 2. Classes held Monday/Wednesday/Friday

Ages 4-6, 12 - 12:30 p.m. *Members and nonmembers \$45/week*

Ages 7-10, 12:30 - 1:30 p.m. *Members and nonmembers \$90/week*

Saturday Swim Lessons – 8 Week Session

June 1 – July 20

AquaBabies, ages 6 months – 3 years, 9:30 - 10 a.m.

Adult Small Group Lessons, ages 13 and up, 9:30 - 10:10 a.m.

Beginner Lessons, ages 4 – 6 years, 10:15 - 10:45 a.m.

Intermediate/Advanced, ages 4 – 6 years, 10:45 - 11:15 a.m.

Intermediate/Advanced, ages 7 – 10, 11:15 - 11:45 a.m.

Members \$75, nonmembers \$100



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Fitness & Health Pavilion

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