Kids at Play: Summer Camp Fest 2019

Early summer camp registration begins in February! Come meet the camp organizations, see what’s new this summer, take advantage of our Early Bird Special & register your child for any of our great camps that begin in May. You can also enjoy our carnival-themed activities including face painting, live animals and a grand prize giveaway – a FREE Child’s Birthday Party ($165 value).

Saturday, February 2, 10 a.m. - noon
FREE

30-Day Jump Start

Are you a new member and need further guidance? Or have you been on the same exercise program for too long without results? Commit to just a one month time frame and one of our certified and degreed personal trainers will give you a personalized workout, guiding you through proper form to a positive outcome!

Program includes:
• An initial consultation and fitness assessment
• Eight 30-minute personal training sessions
• 2 InBody Tests – pre and post to measure results
• A Personal Trainer to guide and motivate you to hit your goals.

Members $300, nonmembers $375

New! 1, 2, 3 Swim with Me

Teach your child the essentials of water safety and swimming. This beginner class is geared toward children ages 3-5. They will learn to blow bubbles, front glide, back float and then progress to combined arm and leg action on front and back. It’s a perfect “next step” after Aquababies and when your child is ready for an instructor-led class. Instructors are Red Cross certified.

January 12 - March 2, 10 - 10:30 a.m. for 8 weeks
Members $75, nonmembers $100
Dear Members,

Greetings and Happy Holidays! Our goal is to continue to provide our members with consistent, excellent service and quality programming! The fall and winter inspires a great longing for warmth. So we hope that you visit the Pavilion often to escape the wintry cold. You can enjoy exercising indoors with us this season by warming up on our indoor track and ending your workouts with a visit to the steam room, sauna or whirlpool facilities.

As always, we appreciate and value your feedback and suggestions. Thank you for participating in our surveys. When you ask, we listen, and we are working hard to serve you. Specifically, we have addressed the following:

- Improved the cleanliness of the main pool by installing a state of the art filtration system
- Installed a new men’s state of the art steam room
- Added new and exciting swim lessons
- Added more kids events: Santa’s Workshop, Boot Camp for Kids and Winter Camps
- Added additional signs for hygiene on the fitness floor and added more wipe stations
- Added new and exciting Active Aging and Jump Start small group training classes

May you be filled with joy this holiday season and may you find inspiration and motivation to be a better physical and mental version of yourself in the year ahead. Our team members and I are committed to your success and thank you for allowing us to be your one-stop destination to get healthy, stay healthy and recharge.

Thank you for your loyalty and entrusting us with your fitness and wellness needs and goals these past 22 years. Wishing you health and happiness!

Deb Riggs, Director

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Mission Statement

The TriHealth Fitness and Health Pavilion is dedicated to optimizing the health status of the community through prevention, exercise, rehabilitation and wellness education. As a medically-certified fitness center, we provide integrated, holistic opportunities for physical, mental and emotional well-being, delivered by caring professionals in a clean, safe, service-driven environment.

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Members of the Month

- Shauna Whelan—July
- Christy Braun—August
- Bill Laverty—September

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Congratulations to Susan Van Amerongen, our 7,000,000th Visitor!

Winter 2018-19 FitNews
TriHealth.com/FitnessPavilion

December/January/February
Aquatics
Call 513 246 2630 about any of our aquatic programs or to schedule an appointment.
Class schedules are available in the Atrium or online at TriHealth.com/FitnessPavilion.

Aquababies
Bring your baby (ages 6 months to 3 years), and teach your child how to love the water. Adult must be in the water with the child. Instructors are Red Cross certified.
Saturdays, January 12 - March 2, 9:30 - 10 a.m.
Members $75, nonmembers $100

NEW! Manhattan Island Swim Challenge
Join us as we begin the TriHealth Triple Crown Swim Challenge! The first of the infamous Triple Crown of Open Water Swimming challenges is the Manhattan Challenge. We challenge you to complete 45.8 km or 28.5 miles from January 6 - March 2, the distance around Manhattan. Swimmers will be tracked as they race around Manhattan through this simulated 20 Bridges Swim. Join us for fitness, fun and a challenge!
Sign-up from December 3 - 14

Private Swim Lessons
Available for ages 3 to adult and taught by American Red Cross certified swim instructors for basic skills or advanced swimming.
Packages and times vary

Family Open Swim Schedule
Tuesdays, Youth/Teen Lap Swim, 4:15-5:15 p.m. (main pool only)
Wednesdays, 5:30-7:30 p.m.

Thursdays, Youth/Teen Lap Swim, 4:15-5:15 p.m. (main pool only)
Fridays, 5-7:30 p.m.

Saturdays, 3-6 p.m.
Sundays, 2-4:30 p.m.

Are you ready for winter weather?
It’s possible that during inclement weather, it may be necessary to close the facility early or open later than normal to ensure the safety of our members and employees. As a reminder, we make every effort to provide closing and notifications by email, via our website and through a message on our main phone line: 513 985 0900. Please be sure you’ve updated your email address so you can receive up-to-date information via email. We recommend that you check ahead during severe weather to confirm our hours for that day.

Email Update
Member Name: ________________________________

Email Address: ________________________________

Please bring to Member Services or call us at 513 246 2611 to update your email.
Connecting with Your Body 101
What is my body telling me? It’s easy to write off our aches and pain as aging or wear and tear. However, WHERE the pain is located in your body may be sending a message. This workshop is designed for people who are new to the Mind-Body-Soul concept. You should leave with techniques and information that will guide you to a deeper connection of self. Taught by Sue McLaughlin from Inner Source Living LLC.
Members $30, Nonmembers $35
Saturday, January 19, 10-11 a.m.

Safety and Self Defense Class
A team of instructors will present strategies to reduce the likelihood of being attacked and simple techniques to use if you ever are. The class is open to anyone 16 years of age or older. Wear comfortable clothing as you will be practicing what you learn.
Members $30, Nonmembers $35
Saturday, February 9, 1:30-3 p.m.

Rent a Private Locker
This winter, rent your very own private locker and take the work out of your workouts!
Monthly locker rental: $15; with laundry service: $20 (a special mesh laundry bag is provided when you receive laundry service).

Give the Gift of Smiles
Give the gift of smiles this holiday season by donating gifts to the kids of St. Aloysius! Choose an ornament from our tree, which provides a child’s name and gifts that he or she would like to receive.

Pilates Reformer Intro Session
This three hour prerequisite workshop will teach you all the skills to participate in Pilates reformer.
Saturday, December 8, 1:45-4:45 p.m.
Saturday, January 12, 1:45-4:45 p.m.
Saturday, February 2, 1:45-4:45 p.m.

TriHealth Physician Speaker Series
George M. Kerlakian, M.D. will speak about weight management.
Conference Rooms A & B.
Thursday, January 24, 6:30 - 7:30 p.m.

TriHealth.com/FitnessPavilion
Let it glow!

Let your natural light shine this winter

Shed that dull winter skin and reveal your own natural light with this special package for all ages. Available for purchase through February 2019. Just $735 ($900 value).

Package includes:
• Consultation
• One Brightening Glytone TCA Facial and Eye Peel
• One elōs Sublative Laser Rejuvenation Treatment
• One Brightening Vitamin C Facial
• One jar of Award-Winning Eminence Organics Arctic Berry Peptide Radiance Cream

One package per person. Offer expires 2/28/19. Package must be completed by 6/30/19.

Call 513 246 5454 today.

Also available at the center:
Cosmetic & Plastic Surgery | Laser Treatments
Spa Services | Integrative Health & Medicine
Organic Skin Care Products
Let your true beauty shine

Treat yourself or a loved one to a refreshed appearance this holiday season. Our skilled cosmetic surgeons will collaborate with you to achieve your beauty goals. From facial rejuvenation to a complete mommy makeover, you can rely on us to provide the utmost in care and safety. Look your best and feel your best with cosmetic and plastic surgery options from TriHealth.

Cosmetic & Plastic Surgery
- Facelift
- Eyelid Lift
- Rhinoplasty
- Body Contouring
- Breast Augmentation/Lift
- Liposuction
- Injectables
- Laser Treatments
- Microneedling
- Micropigmentation
- Platelet Rich Plasma Treatments

Call 513 246 5454 today for an appointment.

Also available at the Center:
- Spa Services
- Integrative Health & Medicine
- Organic Skin Care Products
- Acupuncture
**Nutrition Coaching & Personal Training Packages**

Eating healthy foods and exercising go together like Cincinnati and the Bengals—you can’t have one without the other! We have nutrition and exercise package options to help you achieve both your individual nutrition and fitness goals.

**Nutrition and Personal Training**—Two nutrition coaching appointments plus four 30-minute personal training sessions, **$250 (regularly $268)**

**Nutrition Coaching Package**—One initial nutrition coaching session with a registered dietitian plus two follow-up sessions, **$145 (regularly $160)**

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**Stretch for Low Back Health**

Do you suffer from lower back pain? Learn proper stretching technique to improve your low back health.

**Tuesdays, January 29 – February 26;**

9 am – 9:30 am; Studio C

Members FREE

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**Active Aging Small Group Personal Training**

Do you need to stay active to combat the effects of aging on your body? This class will aid in slowing down muscle degeneration, improving your posture and helping you feel better. This class focuses on all aspects of fitness and will use various equipment including dumbbells, resistance bands, balance pads and strength machines. Limit of 4 per class.

**Mondays, January 28 – February 25; 10 – 11 am; Studio C (5 classes)**

Members $100, nonmembers $160

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**Medical Exercise Services**

**Balance and Stability**

Our Balance and Stability class is a great way to gain confidence and maintain independence by improving your balance. Jo D Waywood, PT, will develop a program specifically for you throughout this 12-week program. Class size is limited. Please contact Karen Sims at 513 246 2622 to register.

**Thursdays, March 7 – May 23, 2:45 – 3:45 p.m., Studio A**

Members $120, nonmembers $175

**Cancer Wellness**

Our cancer wellness program is a 12 week exercise program for those currently undergoing treatment or who have finished treatment within the last year. Classes meet twice per week and the main focus is to get you moving again. Classes begin on an ongoing basis, however you need a physician clearance and a pre-participation assessment. Please contact Karen Sims at 246-2622 for more information or to register. This program is funded through the TriHealth Cancer Institute.
Healthy Living Workshops

Members and nonmembers FREE

The Power of Habits
Whether you are trying to establish a new habit or break an old one, it’s no secret that change is hard. When it comes to health and wellness, our Registered Dietitians are skilled in facilitating lasting behavior modification for individuals and groups. Come learn how habits are formed, how they can be changed, and strategies to help you establish some new habits.

Wednesday, December 19, 6 p.m.

Nutrition for Exercise
Is your resolution to become more active in 2019? Are you feeling unsure about what to eat before or after a workout? Come learn some tips from our Registered Dietitians to help you fuel your exercise routine and support your health goals.

Wednesday, January 23, 12:30 p.m.

Lifestyle Changes for Heart Health
Did you know that about half of the US population has 1 of the 3 risk factors for heart disease? February is dedicated to National Heart Month and our Registered Dietitians are here to help you beat the odds. Come learn about the risk factors, and more importantly, lifestyle changes that can help you keep your heart healthy.

Wednesday, February 20, 6 p.m.

Cooking Demonstrations

Members FREE, nonmembers $10 per class

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

Wednesday, December 12, 12:30 and 6 p.m.

Gluten-Free Cooking

Come join our Registered Dietitians as they demonstrate recipes that are free from gluten but packed with flavor! Please note while all ingredients used will be gluten free, we regularly use gluten containing products in the demo kitchen and cannot guarantee risk of cross-contamination.

Wednesday, January 16, 12:30 and 6 p.m.

Feeding a Healthy Heart

February is National Heart Month! Did you know heart disease is the leading cause of death worldwide for both men and women? Learn from our Registered Dietitians as they demonstrate recipes to help you beat the statistics and feed a healthy heart.

Wednesday, February 13, 12:30 p.m. and 6 p.m.

Weight-Loss Classes at the Pavilion

Weight-loss Class Informational Sessions
Find out more about our weight-loss classes. Choose from two great programs: Momentum, our new 12-week program, or our 24-week program called HealthOne, which uses meal replacements plus food to achieve more rapid weight-loss results.

Monday, December 3, 6 p.m.
Tuesday, December 11, 6 p.m.
Thursday, January 3, 9 a.m.

Momentum Weight Management Program
Our Registered Dietitians will lead you in our new 12-week non-surgical weight management program. Topics include: nutrition, meal planning, grocery shopping, physical activity, stress management, sleep and many more! 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, January 8, 6 p.m.

HealthOne Weight Management Program
Our HealthOne 24-week program combines food and meal replacements to provide more predictable weight loss. Class meets weekly and is led by a registered dietitian. Small classes, support, accountability and exercise components are key factors for every participant’s success. This class includes a six-month membership to the Pavilion as well as a free fitness consult and orientation with a personal trainer.

Classes start: Monday, January 7, 6 p.m. and Thursday, January 10, 9 a.m.
**New! Parents Morning Out: Santa’s Workshop**
Parents, do you need some time to do a little holiday shopping? Why not bring the kids to the KLC Santa’s Workshop. There will be gingerbread cookie decorating, holiday crafts and treats plus active play in the Junior Gym and photos with Santa! Reservations required. Space is limited. Ages 4 and up.

**Saturday, December 1, 9 a.m.–12:30 p.m.**
Member $20, nonmember $25, second child $10, each additional child in the same family $5

**Let’s Get Fit: Boot Camp for Kids**
It’s back! This program will teach kids how to have fun, be positive & encourage them to lead healthy active lifestyles. Instructed by trained and certified staff, the program is designed to work with kids on all levels, from beginning to advanced. They will engage in skills training, fun competitions & meet new friends. We will track your child’s level of activity & measure how the program has affected your child’s performance. For kids ages 7-10.

**Saturday, January 19, 20-minute personal assessments & orientation**
**Saturdays, January 26 – March 2, 10-11:30 a.m.**
Member $75, nonmember $85 (refer another child and receive 10% off)

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**New! BLTs, Baskets & BINGO**
Lunch time just turned into happy hour so let’s have some fun! This lunch break will be full of competition, conversation, laughter & a chance to win one of our themed basket giveaways while enjoying a BLT from a wonderful cafe & playing BINGO! Members & guests can order ahead of time or bring your own lunch.

**Thursday, January 31, noon-2 p.m.**

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**Winter Break Camp by Laffalot Camps**
While school is out for the holidays keep the kids active with games & sports they will love to play. Soccer, basketball, dodgeball, parachute, pillo pollo, tag, scooters & more. If being active and having fun with friends gets your child excited, then this is the program for them. It is going to be CRAZY FUN! For Ages 6-12. Pack a bag lunch (no peanuts, please).

**December 27, 28, and January 2, 3, 4; 9 a.m. – 4 p.m.**
(Offering after-camp care from 4-6 p.m.)
$40 per day, or any 3 days for $105, or all 5 days for $165 (members get $5 off)

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**Recall**
Call 513 246 2647 for more information about family gym, basketball or volleyball.

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**NEW! BLTs, Baskets & BINGO**
Lunch time just turned into happy hour so let’s have some fun! This lunch break will be full of competition, conversation, laughter & a chance to win one of our themed basket giveaways while enjoying a BLT from a wonderful cafe & playing BINGO! Members & guests can order ahead of time or bring your own lunch.

**Thursday, January 31, noon-2 p.m.**

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**Pickup Basketball & Young Professional Open Gym**
Adult men and women are invited to participate in pickup basketball in our sports arena.

**Mondays, Wednesdays & Fridays, 10:30 a.m.–noon**
Youth Professionals (ages 20–29): Tuesdays & Thursdays, 6:30–8:30 p.m.; Saturdays, 10:30 a.m.–12:30 p.m.; and Sundays, 4–6 p.m.

**Members FREE, $10 per visit**

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**Pickleball**
**Pickleball Clinic**
Do you want to learn how to play pickleball or brush up on your skills? Come meet Todd Jungling from Pickleball MAX. He will help you learn the fundamentals of the sport, develop and/or enhance your pickleball strategy.

**Tuesday, December 4, 11 a.m.-12:30 p.m.**
Members FREE, nonmembers $15

**Pickleball**
Pickleball is an all-ages paddle sport. It’s a combination of tennis, badminton & ping pong. Grab a friend. We have the rackets all we need is you!

**Mondays, Wednesdays & Fridays, 10:30 a.m.- noon (far court) and Tuesdays & Thursdays, 10:30 a.m.-1 p.m. (both courts)**
Members FREE, nonmembers $10

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**Pickleball Meet-Ups**
We are looking for members or guests interested in playing this popular sport! Contact LaShaunda Jones & to be added to our Pavilion Pickleball Community List. Once added, the group will receive a monthly update of current players & activities for upcoming pickleball functions.
Holiday Specials

**Holiday or Valentine Spa Package**
Get a 60-minute massage, spa facial and stone crop product kit for $255 (tip and tax included)

**Relieve Holiday Stress with Acupuncture**
Breeze through the holidays by stopping into the third floor TriHealth Rejuvenation Center and experience how acupuncture can reduce the stress of the season. Acupuncture treatment will allow you to relax your body and help revitalize your mind. Free consultation available.
Treatments $85

**Look Glamorous for Your Holiday Parties**
Schedule a Dermaplane and Chemical Peel and get 15% off.
Schedule a body wrap and waxing together and get 15% off.
December 1 - 31

**De-Stress During the Holidays**
Schedule any massage, including the “Couples Massage” during December, January or February, and get 15% off.

**Give the Gift of Permanent Makeup (Micro-Pigmentation)**
Eyebrows $425
Eyeliner Top and Bottom $450;
Top only $250; Bottom only $250
Full Lip $400; Lip Liner $300
Call 513 246 2636 to schedule your consultation.

**Spa Quick Tip**
Resveratrol (commonly associated with red wine) could be a promising alternative to hormone replacement therapy in postmenopausal women, providing some of the skin benefits of estrogen without the side effects. Resveratrol B E from SkinCeuticals is now available at the Pavilion Spa!

**Gift Cards Available**
With the holidays right around the corner, it’s time to think about giving that perfect gift to that special someone. That’s why we offer gift cards available in any denomination. Plus, you can add a lovely product gift set with your gift card to create an extra-special gift.