

# Fall Pavilion Programs & Events

## SEPTEMBER, OCTOBER & NOVEMBER 2022

1997

CELEBRATING 25 YEARS

2022

Register as indicated below or online at [TriHealth.com/FitnessPavilion](http://TriHealth.com/FitnessPavilion) until September 5 for Pilates Reformer sessions and any Online Services.

### SEPTEMBER PROGRAMS

#### It's back! Midday Pickup Basketball & Young Professional Open Gym

Adult men and women invited to participate in pickup basketball.

**Mondays, Wednesdays & Fridays, 8 a.m. – 10 a.m. and noon – 2 p.m.**

**Young Professionals (ages 20–29): Tuesdays & Thursdays, 6 – 8:30 p.m.;**

**Saturdays & Sundays, 10 a.m. – noon**

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

Contact LaShaunda Jones at [LaShaunda\\_Jones@TriHealth.com](mailto:LaShaunda_Jones@TriHealth.com) for your own private basketball group rental.

#### Repair and Heal!

Cosmetic Center

*Buy any full-face laser treatment and receive 20% off coupon for future service.*

Spa

*Buy package of three Hydra facials, get Dermaplane free.*

*Introduction to Reiki treatment: \$50*

#### Small Group Personal Training – Starts September 5!

Beginning in September, work with one of our Certified Personal Trainers in a small group setting. Small group training consists of 2-6 members, working out together for 25 minutes during a specified time with direction from a Personal Trainer. Benefits of small group training include shared cost, increased accountability & motivation from other participants, a fun and engaging exercise environment and more! All sessions held in Studio C.

**Beginner Level**

**Monday 5 p.m., Tuesday 11 a.m., Wednesday 5 p.m. & Thursday 11 a.m.**

**Intermediate/Advanced Level**

**Monday 5:30 p.m., Tuesday 11:30 a.m.,**

**Wednesday 5:30 p.m. & Thursday 11:30 a.m.**

**Members only. Sessions start at \$30.**

Purchase at the Front Desk. Sign up required.

#### Traditional Kids Karate: 8-Week Clinic

Instruction led by Ruben Fung (5th Dan, Black Belt and SKIF Certified Instructor with over 35 years in the field). In a fun, safe environment participants will learn the fundamentals of Karate to improve body & mind fitness. Classes will be high energy, teaching participants self-respect, self-discipline, self-defense and to encourage the creation of friendships. For beginners ages 6-10. Register by September 3 and get an additional week for free (ends November 10).

**Tuesdays & Thursdays, September 6 – October 28; 6-7 p.m.**

**Members \$85, Nonmembers \$105**

Contact LaShaunda Jones at [LaShaunda\\_Jones@TriHealth.com](mailto:LaShaunda_Jones@TriHealth.com) to register.

#### Thriller Dance Routine Class

Learn the iconic, Michael Jackson, "Thriller" dance routine just in time for the Halloween season! No dance experience needed. Each week we will focus on a portion of the routine and then build upon it gradually.

**September 21 through October 27**

**Wednesdays, 6:30 – 7:20 p.m.; Studio A**

**Thursdays, 9:30 – 10:20 a.m.; Gym**

**Members FREE, Nonmembers \$20 guest pass/day**

Sign up for one or both sessions at the Front Desk.

#### New! AquaStrong Boards Demo Days

Check out the new one-on-one and small group training program hitting the pools. These new water fitness boards are the perfect platform for core stability and fitness training. Refresh your workout with formats for Active Agers, Strength and Flow.

**Monday, September 19, 9 a.m. & Thursday, September 22, 6 p.m.**

#### New! Aqua Combat Demo Days (eventually a new class)

This explosive, aqua cardio combat group class workout will have you punching, kicking and rebounding like an MMA Pro. Gain muscular strength, endurance and coordination through water resistance training and choreographed mixed martial arts inspired movements.

**Tuesday, September 20, 10:30 a.m. & Thursday, September 22, 6 p.m.**

#### Introduction to Pilates Reformer

Interested in core strengthening, muscle lengthening & toning and increased joint range of motion? Upon completion of three private sessions with a certified instructor, you will be ready to take scheduled group Reformer classes or continue with private sessions.

**Members & Nonmembers \$99.**

Register at the Front Desk.

### OCTOBER PROGRAMS

#### InBody Analysis – What are you made of?

The InBody 570 goes beyond traditional body composition analysis, measuring body fat mass, skeletal muscle mass and total body water, as well as what the measurements mean to you. With these values, you can identify and track inflammation, swelling and even injuries while monitoring changes over time

**Members \$20, Nonmembers \$30**

Call Justin Thompson at 513 246 2646 to purchase & schedule your analysis.

#### Swim Lesson Session 7

October 24 – December 10 (no classes the week of Thanksgiving)

##### Monday

5 p.m. **Preschool (3-5 years)**

5:30 p.m. **School Age Learn To Swim (6-12 years)**

6:15 p.m. **Aquababies (6 months – 3 years)**

7 p.m. **Adults**

##### Wednesday

6 p.m. **Adults**

##### Saturday

9 a.m. **Aquababies (6 months – 3 years)**

9:30 a.m. **Aquababies (6 months – 3 years)**

10:15 a.m. **Preschool (3-5 years)**

10:45 a.m. **School Age Learn to Swim (6-12 years)**

**Members \$60, Nonmembers \$90**

#### Fall into Savings!

Cosmetic Center/Spa

*Save 10-25% on same day treatments.*

*Support Breast Cancer by purchasing Eminence Sweet Red Rose Whip Moisturizer, \$5 of every purchase donated to Breast Cancer Foundation.*

## NOVEMBER PROGRAMS

### Maintain Don't Gain

Enjoy the Holidays this season while sticking to your exercise routine and not overindulging in the treats and sweets. Simply stop by the Fitness Desk on November 1st or 2nd and weigh in (confidentially) with a Fitness Coach. Come back to the Fitness Desk to weigh-out on January 2nd or 3rd. Receive a small wellness prize for participating and if you maintain (or lose) weight, you will be entered into a raffle drawing for a grand prize.

**November 1, 2022 – January 1, 2023**

**FREE to Members only.**

### Shine School-Age Basketball Clinic

Kids age 5–10 years participate in a developmentally appropriate 4-week clinic and learn basic basketball skills including agility, dribbling, passing, and shooting.

**Tuesdays, November 1 – 15 & 29, 6 – 7 p.m.**

**Members \$55, Nonmembers \$75**

Register at [TriHealth.com/FitnessPavilion](https://TriHealth.com/FitnessPavilion)

### Rejuvenate and Hydrate!

**Cosmetic Center**

**Purchase hand fillers and receive coupon for a future free hand peel.**

**Spa**

**20% off moisturizers or hand creams.**

### Healthy Living Workshop: Pelvic Floor Health

This lecture, given by TriHealth Physical Therapists, will describe some of the main issues that pelvic health physical therapists can address. We will discuss the relationship of the pelvic floor muscles to bowel, bladder, and sexual health function. Learn how the basic mobility and function of the pelvic muscles can impact health and quality of life.

**Thursday, October 13, 12:30 – 1:30 p.m.**

### Spooky Spinning Ride

Join us for tricks, treats, tunes, and a great ride! Costumes encouraged.

**Wednesday, October 26, 5:30 p.m.**

**Members FREE, Nonmembers \$20 guest pass**

### Freaky Friday: Trick & Paint Event

Come dressed in your favorite Halloween costumes and join us for a frightening good time! Kids will go trick or treating throughout the Pavilion in groups of 10. All treats are pre-packaged & delivered through our "Hallo-shoots" (for social distancing). There will be a costume contest for the best, the scariest & most creative costumes. And do not miss our Spooky Sights & Sound Photo Booth. A painting session will be held in the Kids' Junior Gym. Enjoy pre-packaged snacks & drinks.

**Friday, October 28, 5:30 – 8 p.m.**

**Trick or Treating FREE**

**Painting session: \$12 per person or up to a party of 5 for \$45 (All painting materials included)**

Register by October 26. **Spaces are limited**, reserve your family's spot today!



## FALL 2022 EVENTS

### Bengals Mania

Show your Bengals pride as our hometown team kicks off the official 2022 season. Look for selfie stations, popcorn and lots of Bengals spirit.

**Friday, September 9, all day.**



### Cooking Demo: Soups

Soups are a delicious way to increase nutrient intake, build a balanced meal, and batch prep. Join Kate Spitzer, RD, LD as she prepares recipes that will keep you nourished all fall and winter long!

**Wednesday, September 21, 12:30 – 1:30 p.m.**

**Members FREE, Nonmembers \$10**



### Healthy Living Workshop: Sleep and Nutrition

Most people recognize that adequate sleep is important to health, but an alarming number of adults do not get enough. Learn how sleep influences weight regulation, appetite, and practical tips to improve your sleep quality.

**Wednesday September 28, 12:30 – 1:30 p.m.**

Conference Room B



### Cooking Demo: Easy Healthy Dinners

Join Christy Bahan, RD,LD as she provides tips and recipes to make evening meals a little easier and healthier.

**Wednesday, October 12, 12:30 – 1:30 p.m.**

**Members FREE, Nonmembers \$10**



### Fall Movie Night Series at the Pavilion Movie Night on the front lawn

Come cozy up with friends & family on the front lawn for a movie feature. Food trucks, games, more. Rain location will be in the Sports Arena.

**Fridays, October 7 and November 4.**



### Turkey Trot on the Outdoor Trail

Enjoy the fall weather on the Pavilion outdoor trail while running or walking our Turkey Trot 5k.

Finish the Trot and get TriHealth Turkey Trot Memorabilia!

**Date/Time TBA**

**Members \$5, Nonmembers \$10**



### Cooking Demo: Healthy Holidays

Join Christy Bahan, RD/LD as she takes some of our holiday favorites and puts a healthy spin on them.

**Wednesday, November 9, 12:30 – 1:30 p.m.**

**Members FREE, Nonmembers \$10**

### Healthy Living Workshop: Prediabetes

Have you or a family member been diagnosed with prediabetes? Are you not sure how you are "supposed" to eat, or have you been told to avoid all carbs? You are not alone! Come learn the facts and practical advice on managing blood sugars from registered dietitian, Kate Spitzer.

**Wednesday, November 30, 12:30 – 1:30 p.m.**

Conference Room B

