

June 2022

PAVILION PROGRAMS AND SPECIAL EVENTS

Register as noted or online at TriHealth.com/FitnessPavilion | 513 985 0900

Cooking Demo: Salads

Cooking demos are back! Join Kate Spitzer, RD, LD for fresh takes on seasonal favorites. Registration required. Please RSVP at the front desk by June 13.

Wednesday, June 15, 12:30 – 1:30 p.m.

Members FREE, Nonmembers \$10



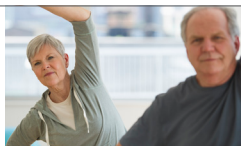
Workshop: The Benefits of Medical Exercise

The Pavilion is certified by the Medical Fitness Association, and we specialize in Medically Integrated Exercise. Learn how you can benefit from Medical Exercise. Join Karen Sims, MS, ATC to find out what medical exercise is and how to benefit from it.

Wednesday, June 29, 12:30 – 1:30 p.m.

FREE to Members and Nonmembers

Conference Room B



Teens in Training

Includes two, one-hour sessions that educate teens on the importance of exercise and fitness, as well as etiquette on the fitness floor. Teens are led by one of our certified and degreed fitness professionals.

Open to Teens age 13 and up (required for 13-year-olds who would like full access to the fitness center).

Members \$89, Non-Members \$119

Ongoing registration



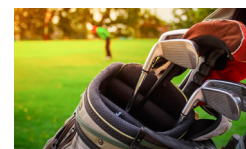
Titleist Golf Movement Screening & Training – Play Your Best Golf!

TPI Movement training is used to assess your current movement capabilities and identify physical limitations that are holding you back from playing your best golf. Correct muscle imbalances and improve strength and mobility to drive the ball farther. Ongoing registration.

Includes three trainings: TPI Movement Screen, plus two 50-minute exercise instruction sessions & a personalized home program.

Members \$199, Nonmembers \$249

Call Justin Thompson to schedule, 513 246 2646



Kids Summer Camps

Check TriHealth.com/FitnessPavilion for updated camp offerings and to register.



Hello Sunshine!

Cosmetic Center

Buy one filler product and receive the second at 40% off

Spa

20% off any sunscreen product

Hydra-Microdermabrasion \$100

Breathe Easier with Acupuncture for Allergies \$85.00

Schedule all Spa & Integrative Health appointments by calling 513 246 2636



TriHealth
Fitness & Health Pavilion

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TriHealth.com/FitnessPavilion