

April & May 2022

PAVILION PROGRAMS AND SPECIAL EVENTS

Spring Resource Guide

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

1997 **CELEBRATING 25 YEARS** 2022

National Senior Health & Fitness Day

Wednesday, May 25 - Details coming soon!

AQUATICS

Private Swim Lessons

Available for Member and non-members.

Contact Sheri Reid at 513 246 2630 for more details.

Group Swim Lessons:

Session 2 begins the week of March 7 through April 30, 2022

Monday

- 5 p.m. Preschool (3-5 years)
- 5:45 p.m. School Age Learn To Swim (6-12 years)
- 6:30 p.m. Aquababies (6 months – 3 years)
- 7 p.m. Adults

Wednesday

- 5 p.m. Preschool (3-5 years)
- 5:35 p.m. Adults

Saturday

- 9 a.m. Aquababies (6 months – 3 years)
- 9:45 a.m. Aquababies (6 months – 3 years)
- 10:30 a.m. Preschool (3-5 years)
- 11:15 a.m. School Age Learn to Swim (6-12 years)

APRIL

Try out a few new water classes in our pools this month.

Aquabatas, Aqua Cardio Challenge and more.

Opening Weekend Cincinnati Reds

Show your Reds Spirit by sporting your favorite Cincinnati Reds gear. Popcorn will be available all day.

March 31 & April 2

MAY

The Outdoor Pool Opens for Summer!

We will host a kick off to summer party. Grilled burger and hot dogs, drinks and sides available for purchase. Inflatables will be up and ready for use.

Saturday, May 28, 11 a.m.

Swim Lessons Session 3

Class details available by April 1, 2022.

May 9 – July 2, 2022

FITNESS & TRAINING

APRIL

Spring Rush

Spring is in full swing! Freshen up your workouts by joining our Spring Rush. Pick-up a challenge card, try different styles of workouts and group exercise classes and be entered into a prize raffle.

April 1 – 30

FREE

Sign-up at the fitness desk or with any group fitness instructors starting March 15.

22nd Annual TriHealth Pavilion Triathlon

This month long event challenges you to complete the 3 parts of a Triathlon.

April 1 – 30

FREE to Members

Register at the Fitness Desk starting March 15. Registration ends April 10.

Titleist Golf Performance - Drive the ball faster!

The TPI Movement Screen is a combination of 16 tests which are used to assess your current movement capabilities and identify physical limitations that are holding you back from playing your best golf. From the screening results we will work to correct muscle imbalances and improve strength and mobility to drive the ball farther. Includes TPI Movement Screen, 50 minutes, 2, 50-minute exercise instruction sessions & Personalized Home Program.

Learn more by attending the **FREE seminar on Tuesday, April 5, 11:00 a.m. and 6:00 p.m.**, Pavilion Conference Room.

\$225 for Members and Nonmembers

Call Justin at 513 246 2640 to sign-up and/or schedule your assessment.

MAY

NEW Outdoor Class Calendar

Be sure to check out the group fitness calendar for regularly scheduled classes held outside!

Beginning May 1

Calendars available on our website and at the Front Desk.

Medical Fitness Association Week

In honor of Medical Fitness Association Week!

MOVE150 – Goal is to get 150 minutes of activity over the course of the week.

May 9 – 15

FREE to Members

For more details and to sign-up stop by the Fitness Desk beginning April 15.

Drop the Weight

A small group, 4 week workout program focusing on losing extra pounds through total body weight training, cardio and flexibility.

Tuesdays & Thursdays, May 3 – 26, 6 – 6:30 p.m.

Studio C

Members Only. Cost: \$50/once a week, \$75/twice a week.

Limit 5 per class. Sign up at the Front Desk beginning April 15.

HEALTHY LIVING PROGRAMS

APRIL

Keep Your Gut Healthy

Join Kate Spitzer, RD, LD as she discusses gut health and steps you can take to improve your overall health.

April 6, 12:30 – 1:30 p.m.

Conference Room B

Momentum + Movement

This 12 week small group program gives you the best of both worlds. Each week you will meet with a Registered Dietitian for group support, accountability and to learn strategies to improve your nutrition and lifestyle. You will then meet with a Certified Athletic Trainer for an exercise session where you will learn how to exercise appropriately for you.

Tuesdays, April 26 – July 12, 6 – 8 p.m.

Members \$299, Nonmembers \$399

Call Karen at 513 246 2622 or email Karen_Sims2@gmail.com

Conference Room B

MAY

Can Certain Foods Improve Your Immune System?

Join Christy Bahan, RD, LD as she discusses the facts and myths surrounding nutrition and your immune health.

May 18, 12:30 – 1:30 p.m.

Conference Room B

KIDS LIFE & RECREATION

NEW Basketball Demo for Youth

Trainers Symone Walker & Kelley Davis will introduce the fundamentals of basketball and provide assessments to girls & boys interested in training.

There will be a fun contest and a chance to win raffle prizes. And, a sneak peek for 2022 Youth Summer Camp.

Register online.

Saturday, May 14, 10 a.m., ages 5-18

Members \$10, Nonmembers \$15

Kids Life Junior Gym

Pickleball Meetups

Join us for this popular, all-ages paddle sport. It's a combination of tennis, badminton & ping pong. We have the rackets all we need is you! All games played on the far court.

March 1 – May 31

Mondays, Wednesdays & Fridays, 10 a.m. – noon

Tuesdays & Thursdays, 12:30 – 2 p.m.

Fridays, 2 – 8 p.m.

Members FREE, Nonmembers \$10

(Early Birds) 2022 Summer Camps at the Pavilion

Registration February – May

March Madness: Raffles & Screening

Join us in the Conference rooms for the screening of the 2022 March Madness Tournament. Games will begin with the First Four on Tuesday, March 15 & 16 and continue until the Final Four on April 2 & National Championship game on April 4. Throughout the madness, enter our split the pot bracket competition. Popcorn Provided!

March 13 – April 4

FREE to members

APRIL

Grandparents' Days: Swim & Gym

Grandparents and children will have full access to the KLC for an evening of fun. Come play in the bounce house, climb on the traverse climbing wall, play board games, make crafts and end your afternoon with a swim.

Fridays in April. Kids Center open at 4 p.m. Family swim is 4:30 – 7:30 p.m.

Members FREE, Nonmembers \$10

NEW Traditional Karate Demo for Youth & Adults

Instructor Ruben Fung will introduce the fundamentals of Karate to improve mind & body. And, a sneak peek for 2022 Youth Summer Camp.

Saturday, April 9

10 a.m. Youth Session (ages 6-11) & 11 a.m. Adult Session (12 & up)

Members \$10, Nonmembers \$15

MAY

Rescheduled to Thursday, May 19, same time!

Love the Skin You're In - Mimosa & Painting Event

Whether you are a highly skilled artist or a novice, this guided art experience by Abakadoodle will be a big hit. In honor of Mother's Day, we will be raffling beautiful pampering baskets and do not forget we will have Mimosas. Bring a friend, a mom or significant other. Canvas, brushes, drinks & light refreshments are included.

New Date: Thursday, May 19, 6 – 8 p.m.

Members \$45, Nonmembers \$55

Pickup Basketball & Young Professional Open Gym

Adult men and women are invited to participate in pickup basketball in our sports arena.

Mondays, Wednesdays & Fridays, 12:30 – 2 p.m.

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

Saturdays & Sundays, 10 a.m. - noon

Members FREE, Nonmembers \$10 per visit

SPA

APRIL

Wake up to Spring!

Cosmetic Center

Buy 50 units of Botox for the price of 40.

Spa

Introductory price for Eyebrow Microblading \$300.

MAY

Shed your Winter Skin!

Don't forget MOM, surprise her with a Gift Card for Pampering!

Cosmetic Center

20% off laser hair removal or dermabrasion

Spa

50% off any dermaplane or facial waxing with the purchase of a Signature Facial



TriHealth
Fitness & Health Pavilion

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