

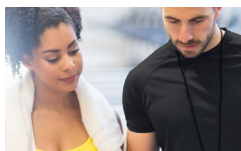
August 2022

PAVILION PROGRAMS AND SPECIAL EVENTS

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

Personal Training Special

Buy one personal training package and get one of equal or lesser value for 15% off. "Focused Fitness" not included. **Members only.**



Poker Walk on the Trail

Join our team for a fun Poker Walk on the ½ mile Trail. Walk five laps and receive a playing card at the end of each lap. The three best hands win!

All ages welcome. No registration needed.

Monday, August 8, noon

FREE to Members and Nonmembers



NEW! "Focused Fitness"

Work one-on-one with a certified personal trainer, learning a specific type of training: Balance, Foam Rolling/Massage gun, Stretching, Kettlebells, Cardio or learn exercises targeting certain muscle groups: chest, back, abs, arms or legs. Ongoing Registration.



Members only. 3 Half Sessions for \$99

Call Justin Thompson to schedule, 513 246 2646

Outdoor Pool Special Event

Back to School Bash

August 12, 1 – 4 p.m.

\$5 per person or \$30 for family with pizza, treats and games

Group Swim Lessons

Session 6 begins August 22 – October 8

(no classes the week of Labor Day)

Monday & Wednesday evenings and Saturday mornings.

Members \$60, Nonmembers \$90

Visit TriHealth.com/FitnessPavilion > Pools & Rec > Swim Lessons for class times.



Outdoor Pickleball Clinic

Sign-up Sheet located at the Front Desk.

Spaces Limited

Monday, August 22

8:30 – 10 a.m. & 5:30 – 7 p.m.

Members \$10, Nonmembers \$15



Momentum + Movement Weight Management Program

This 12-week program provides the best of both worlds. Each week meet with a Registered Dietitian for group support, accountability and to learn strategies to improve your nutrition and lifestyle. Also includes a weekly session with a Medical Exercise Specialist to learn safe and appropriate exercise.

Tuesdays, August 23 – November 8, 6 – 8 p.m.

Members \$299, Nonmembers \$399

Cooking Demo: Healthy Snacks

Join Christy Bahan, RD, LD as she makes some healthy alternatives to traditional snacks. Registration required. Please RSVP to the front desk by August 22.

Wednesday, August 24, 12:30 – 1:30 p.m.

Members FREE, Nonmembers \$10

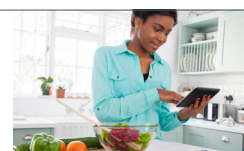


Workshop: Meal Planning

Meal Planning is a way to keep your health goals and grocery budget on track, but are you not sure where to start? Join Kate Spitzer, RD, LD for tips on how to make meal planning more approachable.

Wednesday, August 31; 12:30 – 1:30 p.m.

FREE to Members and Nonmembers



Traditional Karate: 8-Week Clinic – Beginners ages 6-10

Instruction lead by Ruben Fung (5th Dan, Black Belt and SKIF Certified Instructor) with more than 35+ years experience.

In a fun, safe environment participants will learn the fundamentals of Karate to improve body & mind. High energy class teaching self-respect, self-discipline, self-defense and encourage friendships.

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

Members \$85, Nonmembers \$105



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Spa

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



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Fitness & Health Pavilion

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