

August and September 2021

PROGRAMS AND EVENTS

Start Living Your Healthiest Life

Register online or call 513 985 0900

HEALTHY LIFESTYLES & NUTRITION

HealthONE Weight Management Program

20-week program

August 23 – January 10

Mondays 6-7 p.m.

Member Cost: \$882 + cost of meal replacement

Non-Member cost \$980 + cost of meal replacement

Call 513 246 2622 or email karen_sims2@trihealth.com

Individual Consultations with Pavilion Registered Dietitians

You can meet with one of our Registered Dietitians to discuss any nutritional concerns you may have.

60-minute initial consultation \$80

40-minute follow-up \$40

Contact Karen Sims at 513 246 2622 or karen_sims2@trihealth.com for more information or to get connected with one of our RD's.

Healthy Living Workshops

Managing Your Acid Reflux

Do you suffer from frequent heartburn? Do you know what foods might be most likely to trigger symptoms? Come learn from our dietitians about diet adjustments that might help settle your stomach.

August 11, 12:30 – 1:30 p.m., Conference Room B

Active Aging

The key to aging well is to stay active and healthy. Our Registered Dietitians and Certified Athletic Trainers will help you learn how diet and exercise can help to maintain a healthy active lifestyle.

September 29, 12:30 – 1:30 p.m., Conference Room B

Cooking Demos

No Cook Meals

It's summer & the weather is warm! Many of us do not want to heat up the kitchen. Join our Pavilion dietitians who will demonstrate how you can prepare healthy meals that don't require cooking!

August 25, 12:30 – 1:30 p.m., Conference Room A

Back To School

Are you short on time with the return of school? Come join our dietitians and they prepare low maintenance, healthy meals for those busy weeknights.

September 15, 12:30 – 1:30 p.m., Conference Room A

SPECIAL EVENTS

Aging with a Plan: A Gift to Yourself and Your Loved Ones

Join Hospice of Cincinnati and TriHealth Senior Services for a free event. Effectively plan for the future with this panel discussion including a Q & A session with advice and answers from experts about estate planning, advance directives, trusts, funeral planning, navigating senior living and home care options. Light refreshments will be served.

September 23 from 1-2:00 p.m., Conference Rooms A&B

Register to attend by emailing debra_rehage@trihealth.com or by calling 513 706 1136.

Poker Walk on the Trail

Join the TriHealth Pavilion team for a fun Poker Walk on the Pavilion ½ mile outdoor trail. Walk five laps on the trail and receive a playing card at the end of each lap. The three best poker hands at the end of the walk win!

Wednesday, August 11, walk begins at 11:30 a.m.

Members and nonmembers FREE

Fall Prevention Classes: Stepping On

7-week series with TriHealth guest experts (Pharmacist, Physical Therapist, Occupational Therapist and Vision Specialist)

Wednesdays, 10 a.m.–12:00 p.m. in person.

Reserve your spot by August 11.

August 18 and 25, September 1, September 8, September 15, September 22
September 29

AQUATICS

Aquababies

Bring your baby and teach your child how to love the water. Adult must be in the water with the child. Instructors are Red Cross certified.

Ages 6 months-3 years

Saturdays, September 11 to October 30, 2021, 9 – 9:30 a.m. and 9:30 – 10 a.m.

\$75/members \$100/nonmembers

Register at the Front Desk or call 513 246 2630

Pre-School (1 Class)

Teach your child the essentials of water safety and swimming. Beginner class is geared toward children ages 3–6: 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.

Ages 3-6

Saturdays, September 11 to October 30, 2021, 10 a.m. – 10:30 a.m.

\$75/members \$100/nonmembers

Register at the Front Desk or call 513 246 2630

FITNESS/PERSONAL TRAINING



New - Cardiac Rehab Transition

Continue your cardiac health journey with this ongoing program which focuses on cardiovascular health, light strength training, balance, and flexibility. Each session will be facilitated with the support of a degreed and certified medical exercise specialist and will include pre, during, and post exercise blood pressure readings as needed. This program is specifically designed for those patients who have graduated Phase 1 and 2 Cardiac Rehab.

Ongoing program, Mondays and Wednesdays, Starting September 13 at 11 a.m.

FREE - Pavilion Members ONLY No registration required.

Register with a fitness coach or call 513 246 2640

Pilates Private Session – Introduction

New to Pilates? **Choose three private sessions for \$99 with a certified instructor at your own convenience.**

Contact us at 513 246 2645 to schedule.

Fall Fitness: Transformation Fitness Challenge

Choose to participate in two or three circuit style training classes per week, led by TriHealth degreed and certified personal trainers. This challenge provides 3 clinically proven and accurate body composition tests. This allows for smarter programming and more effective results.

September 27 – November 19

Two group workouts per week – Members \$199, nonmembers \$249 or Three group workouts per week – Members \$249, nonmembers \$299

Sign up for the program at the front desk or call Justin at 513 246 2646 with questions.

SMALL GROUP TRAINING

Balance & Flexibility Training

Maintain your balance and flexibility while improving your strength and boosting your immunity.

Tuesday/Thursday, 9:30 – 10 a.m.

August 2 - 27, Studio C, limit 4 per class, register at the Front Desk

Members only \$50/once a week, \$75/twice a week

Roll & Recover

Do you need to release tension in your muscles, relieve muscle soreness, and improve your mobility and flexibility? Foam rolling can do all of this in this 30-minute session. Use foam rollers, massage guns and massage balls.

Mondays 9 – 9:30 a.m.

August 2 – 27, Studio C, limit 4 per class, register at the Front Desk

Members only \$50

Drop the Weight

Feel like yourself again. Lose extra pounds with total body weight training, cardio and flexibility in only 30 minutes.

Monday/Wednesday, 9:30 – 10 a.m.

Tuesday/Thursday, 5:30 – 6 p.m.

August 2 – 27, Studio C, limit 4 per class, register at the Front Desk

Members only \$50/once a week, \$75/twice a week

Outdoor Spin!

We're taking the spinning experience OUTSIDE! Whether you've been a spinner from the start or you've never even heard of it, you can join in. Meet the Pavilion spinning instructors out back for an invigorating cardio workout designed for all fitness levels.

Class details are coming soon...

September 19 – October 2

KIDS' LIFE CENTER

Please register in advance, 513 246 2647 or in the Kids' Life Center.



PACE is BACK

The Pavilion Afterschool & Community Enrichment Program will introduce new afterschool programs & resources for children 3 & up. As kids gear-up for school, we are introducing:

New NinjaFit Inspired Classes for Kids

Kids engage in competitions & challenges

Mondays & Wednesdays, 5:30 p.m. Ages 3-6 & 6:30 p.m. Ages 7-12

Saturdays, 8:30- 9:30 a.m. Ages 5-9

Members: 6 - 1 hour classes for \$175, Nonmembers: \$185

SAVE the date! Freaky Friday: Trick & Paint Event

Friday, October 8, 5:30-8 p.m. Register by October 5.

\$7 per child or 2 kids for \$10 (ages 4 and up) Adults are FREE

Birthday Parties at the Pavilion

If you are looking for a place to hold your child's next birthday...

Check Us Out! We offer 3 packages: FUN!, SUPER FUN! & SPLASHIN!

Easy as 1-2-3: Choose package, theme & Setup party details with our Kids' Life Supervisor! And your Party is Set! For more information or help planning your party, please call 513 246 2647.

RECREATION

It's Back! Ladies Night Out with the Gem Bar: Jewelry Making Event

The Gem Bar offers beautiful local artisan one-of-a-kind handcrafted jewelry, custom designs, specializes in an array of Beads, Rocks and other materials.

You can create, design and personalize your own jewelry. Materials, Drinks & light refreshments are included. Ladies bring your friends! Please register, spaces are limited. Thursday, September 30, 6-8 p.m.

Members & Nonmembers \$50

Pickleball for All

Pickleball is an all-ages paddle sport that combines tennis, badminton and ping pong. We have the rackets. All we need is you!

Pickleball Clinic

Come meet Pickleball Instructor, Ms. Robbie McClain. Instruction for new & current players. Come & brush up on your pickleball techniques with a friend. Rackets provided.

Tuesday, September 14, 11 a.m. - 12:30 p.m.

Members FREE, nonmembers \$10

Pickleball Meet-Ups

We are looking for members or guests interested in playing this popular sport!

Contact us to be added to our Pavilion Pickleball Community list. Once added, the group will receive a monthly update of current players and activities for upcoming Pickleball functions.

SPA

August Specials

Come to the TriHealth Rejuvenation Center and try out our NEWEST Facial Micro-Derm Infusion Facial

This is a noninvasive skin care method that exfoliates your skin, sucks away debris, and infuses your skin with a custom serum. It's suitable for treating a variety of skin issues, such as hyperpigmentation, acne scars, and rosacea.

During the month of August, enjoy \$165 (\$25 savings)

Acupuncture for Anxiety

Acupuncture is a great treatment for calming anxieties. Schedule your appointment today.

Cost: \$85

September Specials

Rehydrate your sun-kissed body with a "Hydrating Body Wrap"

The Stone Crop Signature Body Treatment is a wet or dry body service that revitalizes, nourishes, and hydrates the skin with the healing properties of the popular Hungarian succulent, Stone Crop. Body treatments benefits include improving circulation, releasing serotonin, stimulating the lymphatic system, and promoting cell regeneration. This body treatment is perfect for soothing post summer skin for all skin types.

Thru September \$95 (\$20 savings)



TriHealth
Fitness & Health Pavilion

TriHealth.com/FitnessPavilion