

December 2021 and January 2022 PAVILION PROGRAMS AND SPECIAL EVENTS *Commit to Be Fit*

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

AQUATICS

Water fitness classes are included in your membership!
Both pools are busy with lap swimmers, water fitness classes, physical therapy, private swim lessons and group lessons. Please review our monthly calendar for schedules and sharing of pool space. We want as many people as possible to be able to utilize our facilities safely.

Group Swim Lessons

Our group swim lessons are expanding. We now offer classes from infant to adults.

Aquababies Ages 6 months – 3 years

Preschool Swim Ages 3 – 5

School Age Ages 5 – 10

Adult Ages 16 and up

First session, January 8 to February 26, 2022

Specific days and times for classes and registration will be available on December 6, 2021.

Members \$75, nonmembers \$100

Register at the front desk or call Sheri Reid 513 246 2630

FITNESS/PERSONAL TRAINING

12 Days of Wellness Member Challenge

Join fellow members this December by participating in a fun incentive program to keep you exercising and well-balanced through the busy holidays. Exercise for 12 days in December (for at least 30 minutes each day) and complete one wellness activity per day for a chance to win prizes!

December 1 to 23, 2021

FREE to members

Pick up your challenge card by December 13 from a fitness coach.

Transformation Challenge

Two circuit style training classes per week are led by TriHealth degreed and certified personal trainers. This challenge provides 2 clinically proven and accurate body composition tests, smarter programming and more effective results.

January 11 to March 3, 2022

Tuesday and Thursday, 6 p.m. – 6:45pm

Members \$199, nonmembers \$249

Register with the receptionist or call Justin at 513 246 2646.

MEDICAL EXERCISE SERVICES

"Award Winning" Cancer Wellness Program

Twelve-week exercise program for cancer patients that are currently in treatment or are within one year of completing treatment.

Meeting times are varied with ongoing registration.

Call 513 246 2622 or email karen_sims2@TriHealth.com

HEALTHY LIFESTYLES & NUTRITION

Healthy Living Workshops

Stress Management

The hustle and bustle of the holidays can increase our stress levels, which in turn can result in negative impacts on our health. Learn realistic stress management techniques from our Registered Dietitians so you can keep your holiday season merry and bright.

Wednesday, December 8, 2021, 12:30 p.m. – 1:30 p.m.

FREE to members

Conference Room B

Creating Healthy Habits

Many of us set new goals at the start of the new year. Unfortunately, most give up on those goals not long after setting them. Why is it so hard to make changes? Join our Registered Dietitians who will discuss how to improve our habits to be successful with our goals.

Wednesday, January 26, 2022, 12:30 p.m. – 1:30 p.m.

FREE to members

Conference Room B

HEALTHY LIVING PROGRAM



Momentum + Movement

This 12-week program gives you the best of both worlds. Each week you will meet with a Registered Dietitian (RD) to review our healthy lifestyle and weight management topics followed by an exercise session with one of our certified athletic trainers (ATC) to learn how to exercise safely and effectively.

Tuesdays, January 11 to March 22, 2022, 6 p.m. – 8 p.m.

Members \$299, nonmembers \$399

Individual Consultations with Pavilion Registered Dietitians

You can meet with one of our Registered Dietitians to discuss your nutrition.

Initial consultation \$80

Follow-up \$40

Contact Karen Sims at 513 246 2622 or karen_sims2@TriHealth.com for more information

KIDS' LIFE CENTER

Register for child care in advance, call 513 246 2615.



Shine Basketball Holiday Clinic

This clinic fills quickly! Shine basketball helps build confidence in youth through repetition & positive reinforcement, personal training, mentoring and community service. Participants will have a chance to engage in drills, contests and have a chance to win ruffled prizes. There also may be a pop-up visit from unique basketball player with 9 Reindeers & a Sleigh!

For boys & girls, Ages 5-12

Saturday, December 4, 2021, 10 a.m. – Noon

Members \$35, nonmembers \$45

Bring a new toy (original packaging) or non-perishable food item and get \$5 off.

(Donations go to Matthew Ministries or the Boys & Girls Club of Greater Cincinnati)

Register online or call 513 246 2647

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! It's easy: Choose package, theme & party setup details with our Kids' Life Supervisor.

Parties are scheduled on Saturdays & Sundays.

For more information or help planning your party, call 513 246 2647.

RECREATION

Shine Basketball Training

The trainer will provide skill coaching and training to youth ages 3-8 years. Shine trainers will concentrate on agility, dribbling, passing, shooting as well as high performance for the more advanced player.

We offer sessions for individuals and small groups in duration of 30 minutes or one hour in packages of one, four or eight.

Call 513 246 2647 for more information & pricing on packages

Ninja Warrior Winter Break Camp

Children will learn fun moves & skills through fun obstacle courses, circuit stations and much more! Instruction by James Wilson, American Ninja Warrior contestant. Participants will need a bag lunch (no peanuts, please). Campers will have the option of going swimming with supervision by a lifeguard & camp counselor.

For boys & girls ages 6-12.

December 22, 23 and 27 to 30, 2021, 9 a.m. – 4 p.m.

\$40 per day, any 3 days for \$105, or all 6 days for \$180 (Members get \$5 discount)

For more info call or to register 513 246 2647

Winter Pickleball Clinic

Our next Pickleball clinic will be Monday, January 24, 2022 at 10 a.m.

Members FREE, nonmembers \$10

Register for Pickleball Clinic with the receptionist.

Pickleball Meet-Ups

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

Call 513 246 2647 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.

Current Meetups times are Mondays & Wednesdays at 10 a.m.

Open Pickleball is also available.

FREE to members, nonmembers \$10

Sports arena

SPA/INTEGRATIVE HEALTH & MEDICINE

Spa Specials for December & January

Destress Before the Holidays

Acupuncture treatment

\$85

Get that Holiday Glow

Eminence Signature Facial

\$65

Get Your Nails Ready for Your Holiday Party

Spa Manicure/Whirlpool Pedicure Combo

Thorough hand massage, nail and cuticle conditioning and flawless polish application followed by a relaxing whirlpool pedicure.

\$85

Add Nail Art for only \$5 this month only

Register online or call the Spa at 513 246 2636

Eminence Limited Edition: Keep Your Hands Silky Smooth Mangosteen Replenishing Hand Cream

This hand cream will gently resurface hands leaving them silky smooth providing long-lasting hydration.

\$34

Eminence Holiday Collection: Beyond Organic Discovery Set

Includes:

Facial Recovery Oil: "Liquid Gold" dripping with precious herbs and oils to deeply hydrate, soothe and tone,

Bearberry Eye Repair Cream: Revitalizing eye cream which will gently hydrate and nourish the delicate eye area and dramatically reduce the appearance of fine lines and wrinkles.

\$98



TriHealth
Fitness & Health Pavilion

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TriHealth.com/FitnessPavilion