

# Fall 2023 – September, October & November

## PAVILION PROGRAMS AND SPECIAL EVENTS

Where health, family and fitness meet.

Register as noted or online at [TriHealth.com/FitnessPavilion](http://TriHealth.com/FitnessPavilion) | 513 985 0900



### FALL 2023 EVENTS

#### Football Kickoff

Support your favorite hometown team, the Cincinnati Bengals! Sport your favorite jersey or shirt, take pictures at our photo stations, grab a bag of popcorn after your workout.

Friday, September 8

#### “Back to School” - Pavilion Member Picture Day – ‘Say Cheese’

It's Picture Day at the Pavilion! Update your membership photo in style! Come to the Welcome Center or the Front Desk to have your photo taken.

All participants will receive a complimentary guest pass.

Monday through Saturday, September 11 – 16, during regular business hours

#### Walk for Waffles

Walk or run a 5k on the outdoor trail and then enjoy a healthier waffle breakfast created by one of our Registered Dietitians. Will walk indoor track if inclement weather.

Wednesday, October 18, 8:30 a.m. walk; 9:30 a.m. waffles

FREE to Members, Nonmembers \$10

Sign-up through the Online Member Portal or at the Front Desk.

Registration deadline: Monday, October 16.

#### Freaky Friday Fest & Magic Show

Attention all little goblins! Come dressed in your Halloween costumes and join us for a frightening good time at our annual Halloween carnival. Our famous Magic Show is back this year, enjoy fun activity stations featuring our creepy crawlers station, face painting, & much more. Don't miss out on the spooky sounds, goofy games & Halloween treats for the whole family to enjoy!

Friday, October 27, 6 – 7:30 p.m.

Members/Nonmembers \$7 per child (ages 2 and up), Children under age 2 and adults are FREE

#### Lung Health Community Event

Saturday, November 4, 8:30 a.m. – 12:30 p.m.

### AQUATICS

#### SEPTEMBER

#### Swim Lessons

Fall Session 1: September 11 – October 21, 2023 (No classes October 22-29)

Fall Session 2: October 30 – December 16, 2023 (No classes Nov 19-26)

Members \$72, Nonmembers \$108

Class days/times as follows:

##### Monday

5 – 5:30 p.m. Preschool (3-5 years); Warm Water Pool  
5:30 – 6:20 p.m. School Age (6-12 years); Lap Pool  
6:30 – 7 p.m. Aquababies (6 months-3 years); Warm Water Pool  
7 – 7:45 p.m. Adults; Warm Water Pool

##### Saturday (all classes held in Warm Water Pool)

9 – 9:30 a.m. Aquababies (6 months-3 years)  
9:35 – 10:05 a.m. Aquababies (6 months-3 years)  
10:15 – 10:45 a.m. Preschool (3-5 years)  
11 – 11:45 a.m. School Age (6-12 years)

#### Create Your “Breast Cancer Awareness” Fascinator

To prepare for our Pink Week in the Pool to bring awareness to breast cancer, we will be creating fascinators to wear during classes. All supplies and a light lunch provided with fee.

Wednesday September 27, 12 – 2 p.m.

Members/Nonmembers \$20 per person

### OCTOBER

#### Pink Week In The Pool

Join us each day for information regarding breast cancer, free giveaways, social media posts. We encourage anyone coming to the pool or to class to wear the fascinators we made on September 27 or to wear pink during this week!

October 8 – 14

#### Adaptive Swim Lessons

Adaptive swimming lessons geared towards people with cognitive, developmental, and neurological challenges. Including but not limited to: Autism Spectrum Disorder, ADHD, Cerebral Palsy, Down Syndrome, Visual, Hearing or Speech Impairments, Learning Disabilities. Our instructors have specialized training for this child-focused learning environment that moves at their pace.

October 3 – 24, 2023; Tuesdays, at 6 p.m. or 6:35 p.m.

Members \$60, Non-members \$72

#### Pumpkin Decorating Contest – Aquatics Themed

Calling all members and team members to join us in a pumpkin decorating contest...the twist...you need to have a water theme! Winner will receive a beach towel or Strong Board 3-pack of lessons! Finished pumpkins need to be dropped off at the lifeguard stand with your name and phone number by October 25, 2023

### NOVEMBER

#### Grateful Tree

Focus on the good things in your life this Thanksgiving season. Fill out a pumpkin, leaf or acorn each visit of something you are grateful for that day. Pick up your sign at the lifeguard stand.

#### Black Friday Sale

40% off all private swim lesson or Aqua Strong Board packages.

November 24 – 30

### FITNESS & PERSONAL TRAINING

#### SEPTEMBER

#### NEW! Evolve

The Pavilion's NEW 8-week Small Group Training Series. Program includes pre and post biometrics and fitness testing, 50-minute workout sessions with warm-up, interval training and cool down/stretching.

Choose from session days & times, September 3 – October 28

2 workouts/wk; Members \$352 (\$22/session), Nonmembers \$432 (\$27/session)

3 workouts/wk; Members \$528, Nonmembers \$648

Registration forms are available at the Front Desk. Registration deadline: August 31  
\*2 participants required to hold a class

#### NEW! Boxing Fitness - Small Group Training Class

Unleash your inner Muhammad Ali with our 50-minute, beginner to intermediate level Boxing Fitness class. Through a variety of drills led by James Wilson, degreed and certified trainer, you will sculpt and tone while also improving your cardiovascular fitness and power.

Beginning September 5, Tuesdays 9:30 a.m., Studio C

Classes start at \$15 or \$120 for 10 classes. Packages available for purchase at the Front Desk.

Sign-up through the Online Member Portal or at the Front Desk.

\*2 participants required to hold a class

#### Poker Walk/Run on the Trail

Join us for a fun Poker Walk on the ½ mile outdoor trail. Walk/Run five laps and receive a playing card at the end of each lap. The three best hands win! All ages welcome.

Wednesday, September 6, Start Time is 11:30 a.m., Meet at the Stop Sign at the start of the trail.

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### **NEW! Introducing Mamas with Kiddos Bootcamp & Barre Classes: Workouts & Wellness Services for Busy Mothers**

Mammas with Kiddos offers kid-friendly, judgment-free, all-encompassing, fun, flexible workouts designed for all moms. Bring your child to class or take advantage of drop off childcare in the Kids Life Center (6 weeks – 13 years) \$10/visit nonmember children. Organized by NASM Certified Personal Trainer Kristie Blankemeyer, and Registered Dietitian and Barre Certified Trainer Mandy Copenhaver, these programs can help you stay motivated and accountable to be the healthiest version of yourself.

**September 6: Kick Off! Bootcamp & Barre Combo Class**  
**Wednesday, September 6, 10 a.m.**

**Beginning the week of September 11 through November 29:**

**Monday, Boot Camp, 10 a.m., Kids Life Center Junior Gym**

**Wednesday, Barre, 10 a.m., Studio A**

**Members/Nonmembers \$12 per class or \$100 for 10 classes**

Register online/on site or drop in!

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### **Fit Blitz on Pavilion Social Media – ‘Exercise for Balance’**

Check out Facebook and Instagram pages every Thursday in September for tips on exercises to improve and maintain balance from our degreed and certified Personal Trainers. Come to the weekly workshops for a deeper dive into topics.

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### **Fit Blitz Workshops – ‘Exercise for Balance’**

**Tuesdays in September, 11 a.m. & 7 p.m., Meet at the 2nd Floor Fitness Desk.**

**Members only, \$5**

Sign-up through the Online Member Portal or at the Front Desk.

Registration deadline: Monday, September 4.

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### **TPI Golf Seminar**

If you love golf, you won't want to miss this seminar! Learn the best golf fitness exercises to build strength, coordination, balance and make you stronger, faster and more agile on the golf course. Practice with our TPI instructor and get feedback on your technique.

**Thursday, September 21, 1 – 2 p.m., Conference Room B**

Sign-up through the Online Member Portal or at the Front Desk.

Registration deadline: Tuesday, September 19.

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### **NEW! Golf Fitness SGT 5 Week Series**

NEW 5-week Small Group Training Series. The program includes 25-minute workout sessions that will focus on exercises specifically designed to target the muscles and mechanics involved in golfing to bring you to the top of the game.

**Thursdays, September 28 – October 26, 10:30. – 11 a.m., Studio C**

**Members \$140, Nonmembers \$160**

Sign-up through the Online Member Portal or at the Front Desk.

Registration deadline: Monday, September 25.

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## **OCTOBER**

### **NEW! Corporate Lunch & Lift Small Group Training**

Squeeze in a great workout on your lunch break from work! This class meets every Tuesday and Thursday for 4-weeks for a 25-minute, high intensity workout, including warm-up and cool-down. A nutritional boxed lunch is included for you to take back to work with you.

**Tuesdays & Thursdays, October 3 – 26, 12 – 12:30 p.m., Studio C**

**Members \$200, Nonmembers \$240**

Sign-up through the Online Member Portal or at the Front Desk.

Registration deadline: Monday, September 25.

\*2 participants required to hold a class

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### **Spooky Spinning Ride**

Costumes encouraged!

**Wednesday, October 25, 5:30 p.m., Studio B**

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### **Halloween ‘Glam Party’**

**Wednesday, October 25, Time TBA, Studio A**

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## **NOVEMBER**

### **Fit for the Holidays**

Enjoy the Holidays this season while sticking to your exercise routine and not overindulging in the treats and sweets. Simply stop by the Fitness Desk on November 1st or 2nd and weigh in (confidentially) with a Fitness Coach. Come back to the Fitness Desk to weigh out on January 2nd or 3rd. Receive a small wellness prize for participating and if you maintain (or lose) weight, you will be entered into a raffle drawing for a grand prize.

**November 1, 2023 through January 3, 2024**

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### **Healthy Lung - Turkey Trot on the Trail**

As part of our Healthy Lung event, enjoy the fall weather on the Pavilion outdoor trail while running or walking our Turkey Trot 5k. Finish the Trot and win a prize! Will be on indoor track if inclement weather.

**Saturday, November 4, 11 a.m. – 1 p.m.**

**Members \$5, Nonmembers \$10**

Sign-up through the Online Member Portal or at the Front Desk.

Registration deadline: Monday, October 30.

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### **Fit Blitz on Pavilion Social Media – ‘Exercising with Diabetes’**

Check out Facebook and Instagram pages every Thursday in November for tips on exercising with Diabetes from our degreed and certified Personal Trainers.

Come to the weekly workshops for a deeper dive into topics.

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### **Fit Blitz Workshops – ‘Exercising with Diabetes’**

**Tuesdays in November, 11 a.m. & 7 p.m., Meet at the 2nd Floor Fitness Desk.**

**Members only, \$5**

Sign-up through the Online Member Portal or at the Front Desk.

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## **HEALTHY LIFESTYLES**

### **SEPTEMBER**

### **Cooking Demo: Healthy Game Day Snacks**

Kick off football season with a healthy spread on game day! Join Registered Dietitian Julie Woodmansee RD, LD to learn to prepare snacks and apps with a nutritional boost. RSVP at front desk by September 8.

**September 13, 12:30 p.m.**

**FREE to Members, Nonmembers \$10**

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### **Healthy Living Workshop: Healthy Aging for Women**

Join Registered Dietitian Kate Spitzer RD as she discusses nutrition and lifestyle considerations that support healthy aging for women – including ways to combat menopause related weight changes.

**September 20, 12:30 p.m.**

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## **OCTOBER**

### **Healthy Living Workshop: Cancer**

Cancer remains one of the leading causes of death in the US. Chances are, if you are not fighting cancer, you know someone who is. Join Registered Dietitian Christy Bahan RD to learn about nutrition and lifestyle habits that can help decrease the risk of cancer or a recurrence.

**October 18, 12:30 p.m.**

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### **Cooking Demo: Healthy Pizza Recipes**

Skip delivery and learn to make healthy pizza at home. Join Registered Dietitian Julie Woodmansee RD, LD in the kitchen as she prepares both traditional and plant-based pizza recipes. RSVP at front desk by October 20.

**October 25, 12:30 p.m.**

**FREE to Members, Nonmembers \$10**

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## **NOVEMBER**

### **Healthy Living Workshop: Prediabetes**

Do you feel confused about how to eat to control blood sugars? Are you worried that you need to give up all your favorite food? Our Registered Dietitian Kate Spitzer RD is here to help – no deprivation required!

**November 8, 12:30 p.m.**

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### **Cooking Demo: Holiday Meal Makeover**

Put a healthy twist on your favorite holiday recipes! Join Registered Dietitian Julie Woodmansee RD, LD as she shares simple recipes and tips for creating a healthy holiday plate. RSVP at front desk by November 10.

**November 15, 12:30 p.m.**

**FREE to Members, Nonmembers \$10**

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## **KIDS’ LIFE CENTER (Space is limited for kids’ programs)**

### **SEPTEMBER**

### **Youth Birthday Parties**

Our Kids’ Life Center features 3 packages: FUN, SUPER FUN & SPLASHIN for children ages 1-12. Ask about our discount with Marco’s pizzeria. Plus, receive 15% off your second party booking in the same year!

**Saturdays, 1 – 3 p.m. with reservation**

Call 513 246 2647 for more info.

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## Friday Night Fun Zone

Every Friday Night bring your kids to us and enjoy an evening to yourself. Activities planned include arts & crafts to games, relays and swimming. Reserve your spot one week in advance. Pack a small snack/dinner (Please no nut products, Kids Life Center is nut free).

**Fridays, September 1 — November 10 (Excludes any Friday that the Kids Center has a special event scheduled)**

**Members & TriHealth Team Members: first child \$20, each additional child \$5  
Nonmembers: first child \$25, each additional child \$5**

## OCTOBER

### Freaky Friday Fest & Magic Show

Attention all little goblins! Come dressed in your Halloween costumes and join us for a frightening good time at our annual Halloween carnival. Our famous Magic Show is back this year, enjoy fun activity stations featuring our creepy crawlers station, face painting, & much more. Don't miss out on the spooky sounds, goofy games & Halloween treats for the whole family to enjoy!

**Friday, October 27, 6 — 7:30 p.m.**

**Members/Nonmembers \$7 per child (ages 2 and up), Children under age 2 and adults are FREE**

## NOVEMBER

### Member Appreciation: Friday Night Fun Zone

Bring your kids to us for FREE! Spaces are limited and will fill up! If you haven't tried Friday Night Fun Zone, this is the time to see what it is about. Parents can enjoy an evening to themselves. We will have different activities planned from arts & crafts to games/relays and swimming. Space is limited! You MUST reserve your spot one week in advance. Pack a small snack/dinner. Please no nut products, Kids Life Center is nut free.

**Friday, November 3**

**FREE to Members & TriHealth Team Members**

**Nonmembers: first child \$25, each additional child \$5**

### Blue Pajama Movie Night

November is Juvenile Diabetes Awareness Month & BLUE is the signature color for the cause. Join us & let us celebrate on our Jumbo Inflated Movie Screen a feature movie & our favorite "BLUE" character "Aladdin." Enjoy popcorn & drinks, a coloring contest, and enter raffle for a FREE Kids' Life Center Birthday Party & don't forget to wear something blue.

**Friday, November 17, 6 — 8 p.m. Register November 15**

**Members/Nonmembers \$7 per child or 2 kids for \$10, Adults and children under 3 are FREE)**

### Black Friday Deal

Purchase Any Youth Birthday Party Package- Get \$20 OFF

## RECREATION

### SEPTEMBER

#### Soccer Skills Clinic by Skyhawks (6 weeks)

Kids will learn the fundamentals of soccer, balance, coordination and agility. Ages 4-7.

**Tuesdays, September 19 — October 24, 5:15 — 7:15 p.m.**

**Members \$125 (can charge to account if interested), Nonmembers \$135**

#### School's Out Day Camp

Bring your child for a day full of fun! The Kids' Life Center Team will have a variety of games & activities planned all day, plus the kids go swimming. Pizza & frozen treat included; Pack a bag lunch (no peanuts, please). Kids Ages 6 & up. Registration deadline: September 27

**Friday, September 29, 9 a.m. — 4 p.m.**

**Members \$45, Nonmembers \$55**

**Offering before- camp care 7:30 — 9 a.m. & after- camp care 4 — 6 p.m.,  
Additional \$8 per child, payable at check in**

## NOVEMBER

### Shine 4-Week School- Age Basketball Clinic

Our last clinic was a huge hit! This program uses basketball to help build confidence in youth through repetition (drills), positive reinforcement (contests/prizes) & training (mentorship). The clinic is for beginner to advanced boys & girls ages 5-12. Participants will be grouped accordingly to their skill and/or age level to achieve, learn & gain the most out of the clinic. Spaces are limited & will fill quickly. Registration deadline: October 25.

**Tuesdays, November 1 & 29, 6 — 7 p.m. (No Clinic Nov 22nd)**

**Members \$55 (can charge to account if interested), Nonmembers \$75**

### School's Out Day Camp

Bring your child for a day full of fun! The Kids' Life Center Team will have a variety of games & activities planned all day, plus the kids go swimming. Pizza & frozen treat included; Pack a bag lunch (no peanuts, please). Kids Ages 6 & up. Registration deadline: November 8.

**Friday, November 10, 9 a.m. — 4 p.m.**

**Members \$45, Nonmembers \$55**

**Offering before- camp care 7:30 — 9 a.m. & after- camp care 4 — 6 p.m.,  
Additional \$8 per child, payable at check in**

### Calling All Basketball Players

Visit the front desk to join our Basketball Community Email Distribution List for both Pavilion members and nonmembers. You will be kept up to date on special events, changes to the Sports Arena calendar & basketball players will have a chance to communicate on meet-up times.

**Half Court Access; Tuesdays & Thursdays, 5:30 — 8 p.m.,**

**Saturdays & Sundays, 10 a.m. — 12 p.m.**

**FREE to Members, Nonmembers \$20/visit (includes full access to the Pavilion)**

### Additional Pickleball Options

Pickleball players if you need additional lessons on Pickleball (in a group setting or private lessons), we've got you covered.

**Personal Training**

3-4 small group training sessions available Fridays scheduled from 4-8 p.m., \$30/hr

**4 to 6-week Pickleball Clinic**

Date TBA, Members \$55, Nonmembers \$65

## SPA

### SEPTEMBER

**Active Aging: Hot Cold Massage with Kate or Krystal 15% discount**

### OCTOBER

**Microblading 20% off**

**Oncology Massage 15% off**

### NOVEMBER

**Dry Brushing add on to Massage or Body Wrap \$25**

**Add K-Tape after massage \$25**

**Try Acupuncture for Anxiety to help you deal with the Holidays**

**Holiday Shopping 1 Day only 20% off Retail Skincare and meet the Team TBA**