

# Winter 2022 – December, January & February

## 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

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2022

### FITNESS & PERSONAL TRAINING

#### Foundation Training Info Session & Demo Series.

Join Fitness Coach and Certified Level 1 Foundation Training Instructor, Jason Diaz for an information session and demo series on Foundation Training. Through a series of body-weight exercises, Foundation Training activates your posterior muscle chain, anchors the hips, decompresses the spine, and teaches you to take the burden of supporting the body out of your joints and put it where it belongs; in your muscles.

**Info Session: December 1, 1 p.m., Conference Rooms A & B**  
**Demo Series: Wednesdays, December 7 – 21, 4 p.m., Studio A;**  
**Fridays, December 9 – 23, 2 p.m., Studio A**

**FREE to Members and Nonmembers**

Register at the Front Desk.

#### Personal Training Panel: Facebook Live Event

Join our panel of Personal Trainers for a Facebook Live event where you will learn the qualifications and specialty trainings/certifications our trainers hold, the benefits of Personal Training, what's included in Personal Training and what to expect at your consult and sessions. Q&A session with the panel.



**Wednesday, December 7, 12:30 – 1:30 p.m.**

**FREE to Members and Nonmembers**

Join us at [facebook.com/TriHealthPavilion](https://facebook.com/TriHealthPavilion)

#### Small Group Training Info Session

What's all the buzz about Small Group Training? Ever wonder what the difference is between Small Group Training, Personal Training and Group Exercise classes? Join us for this information session on defining small group training, identifying the benefits and what options are available here at the Pavilion.

**Monday, December 12, 12:30 – 1:30 p.m., Conference Room B**

**FREE to Members and Nonmembers**

Register at the Front Desk

#### Measure Up! Knowledge is Power

To set new goals for yourself, you need to know your starting point. Knowledge is motivating! How can you measure your progress and success if you don't know where you started? We will help you identify where you are now and where you can go. Register for a complimentary fitness assessment that will identify your current strength, cardiovascular, flexibility and biometric scores. Raffle prize drawing for participants.

**Wednesday, December 14 & Thursday, December 15**

**FREE to Members and Nonmembers**

Sign up for a time slot at the Front Desk or call 513 246 2640

#### Fast Fitness

If you're looking to boost your workouts and get expert advice stop by the fitness desk for a 15-minute "Fast Fitness" session. Our professional and certified Fitness Coaches will provide instruction, tips, demos and more on a variety of fitness topics and exercises.

**Sessions will be available throughout the month of December.**

To view the schedule of sessions and to register, see the White Board on the fitness floor.

#### Ignite Your Movement!

Let's get moving! With this movement challenge, your goal is to move at least 150 minutes each week, for 4 consecutive weeks while also trying something new! Keep track of your progress using your Ignite Your Movement challenge card.

**January 1 – 28, 2023**

**Members only**

Pick up your challenge card from the Fitness Desk or Lifeguard Station.

#### New Year's Weight Loss Challenge

Lose weight this winter and keep it off! This 7-week program gives you the tools you need to lose weight and the knowledge you need to keep it off. Challenge yourself, compete for prizes and start this year off on the right foot. Program includes pre and post measurements, nutritional guidance, small group, 50-minute workout sessions with warm-up, interval training and cool down/stretching. Prizes will be awarded at the end of the challenge to those with the most weight lost, highest percentage weight lost, and highest percentage of body fat lost.

**Morning and evening sessions available January 9 – February 23, 2023.**

**2 Group Workouts/week: Members \$199, Nonmembers \$249**

**3 Group Workouts/week: Members \$249, Nonmembers \$299**

Pick up your registration form at the Front Desk.



#### Heart Mini Training

Run, walk, cycle or swim your way! Join us to kick-start your 2022 race training. Track your mileage and each checkpoint you hit earns you an opportunity to enter your name into a prize drawing.

**February 19 to March 18, 2023**

**FREE to Members**

Visit the Fitness Desk to sign up and pick-up your tracking log.

### AQUATICS

#### Float-In Movie Night – ELF

Looking for a fun water filled family night out? Join us for a little holiday cheer and Elf fun. Includes pizza, snacks and a craft. Movie will start at 6:30 p.m. in the warm water pool.

**Friday, December 9, 2022, 6 p.m.**

**\$5 per person or \$25 for a family of 5 or more.**

Register at the front desk.

#### Swim Lessons

Session 1: January 9 – February 11, 2023

Session 2: February 20 – April 1, 2023

**Members \$60, Nonmembers \$90**

**Class days/times as follows:**

##### Monday

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

##### Wednesday

6 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 a.m.      School Age Learn to Swim (6-12 years)

#### Aqua Strong Boards

Our new floating water fitness class focuses on core strength, balance and improving posture using movements from HIIT, Pilates, yoga and more. Small group training and one-on-one options available.

**See flyer for class details and pricing.**

#### Swim Key West and Lido Key

This year we are visiting a couple hot spots in Florida for a little swimming fun. Swim around Key West and Lido Key for a total of 20 minutes. Keep track of your distance and inform the lifeguard. All participants entered into our raffle.

**Swim anytime between February 6 through March 11, 2023.**

Sign up at the lifeguard stand.

## HEALTHY LIVING PROGRAMS

### Momentum + Movement

Weight Management program that focuses on developing healthy lifestyle habits with regards to nutrition and fitness. Meets 2 days/week for 12 weeks.

**Tuesdays & Thursdays, January 17 – April 6, 2023, 6-7 p.m.**

**Members \$299, Nonmembers \$399**

To register contact Karen Sims 513-246-2622 or karen\_sims2@trihealth.com

## KIDS LIFE CENTER

### Parent's Morning Out: Holiday Workshop

Do you need some time to do a little holiday shopping? While you shop, bring the kids to the Kids Life Center Holiday Workshop. Ornament painting, holiday games & crafts, pre-packaged holiday treats, active play in the Jr. Gym and more! Reservation Required. Limited Spaces. Ages 4 and up.

**Saturday, December 3, 10 a.m. – 2 p.m.; Deadline to Register, November 30**

**Members \$20, Nonmembers \$25**

**Second Child \$10, Each Additional Child in the Same Family \$5**

### Holiday Sip & Paint

Bring your friends or significant other. Whether you're a highly skilled artist or just a novice, this guided art experience by Abrakadoodle will be a big hit.

Don't forget to bring your own wine or favorite beverage! Canvas, brushes & light pre-packaged refreshments are included. Register by December 12

**Thursday, December 15, 6 – 8 p.m.**

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

### Kids Camp Kick off Night – "Summer Dreaming"

Thinking of warmer nights and camp fun? Join us for a float in movie, games, food and be the first to register for our 2023 summer camps! Fun begins at 6 p.m. in the sports arena. The movie will start at 6:45 p.m. in the warm water pool. Wear your tropical outfits to win a raffle prize!

**Friday, February 3, 2023**

### Kids' Klub: Drop Off Childcare

Parents, do you need a date night, need to run errands or have a meeting? Bring your kids ages 6 weeks – 12 years old to the Kids' Life Center. You may reserve a spot one time per day. Ratio 1:5. Pack a small snack or lunch (please do not send Peanut Butter or Nut Products), diapers (if needed), homework (and/or laptop or tablet) and headphones. The Kids' Life Center team members will take care of the rest!

**Drop-Off Times: 8 a.m. – 1 p.m. & 4 – 8 p.m. for 2.5 to 3 hours**

**Members/TriHealth Team Members**

**First Child \$20, Second Child \$10, Additional Child \$5**

**Nonmembers**

**First Child \$25, Second Child \$15, Additional Child \$10**

Call 24 hours in advance to reserve a spot or contact, Supervisor, LaShaunda Jones 513 246 2647.

### Kids' Life Center Birthday Parties

The perfect place to host a birthday party for ages 1 –12 years old. Our Kids' Life Center features a kids-only gymnasium for sports and organized games. Our parties are fun and keep your kids active, while allowing you to celebrate your child's special day without the hassle of managing a party. We offer 3 packages: FUN, SUPERFUN & SPLASHIN'. Choose a package, a theme and determine party details/date with our Kids' Life Supervisor! We'll take care of the rest.

## RECREATION

### Multi-Winter Break Camp

Parents choose from two of our most popular three-day camps or choose all six days of Camp!

**Jr. Ninja Warrior – 3 Day Bootcamp: December 23, 27 & 28.**

Children will learn moves and skills through fun obstacle courses and circuit stations. Instruction by James Wilson, American Ninja Warrior contestant

**Camp Crazyfood – Holiday Treats: December 29, 30 & January 2**

Kids will discover how to make fun and tasty recipes through creative activities and engage in exciting active games!

**December 23 – January 3 (No Camp December 26, January 2 & weekends)**

**Full-day hours 9 a.m. – 4 p.m.**

**Single Day \$45, Any 3 Days \$105, All 6 Days \$160**

**Before & After Care hours: 7:30 – 9 a.m. & 4 – 6 p.m. (An Additional \$8 per day or \$30 Entire Camp)**

### Soccer Tots by Skyhawks

For ages 2-4.5 years. These soccer-themed motor skill classes are very easy for youngsters to get into. Younger age groups focus on developing motor skills and self-confidence; older classes focus more on developing core soccer skills and personal focus, introduce an element of light competition. Low instructor-to-student ratio to maximize individual development and fun. Parent participation required.

**Tuesdays, January 17 – February 7, 2023, 9:30 – 11:30 a.m. (2 sessions)**

**Members \$70, Nonmembers \$90**

### Pickleball Clinic for Beginners

If you are just learning to play pickleball or have been wanting to learn how to play pickleball, this is the clinic for you!

**Monday, January 30, 10 – 11:15 a.m.**

**Members & Nonmembers, \$20**

## PAVILION SPA

### New you for the Holidays and the New Year!

**Microblading Eyebrows**

**November – January get 25% off our normal price of \$400**

**Cupping Facial**

Includes Acupuncture with Theresa

**\$150**

**Acupuncture for your wellbeing**

Spend the Holiday Season feeling renewed. Helps with stress reduction and lower pain levels.

**\$85**

### Give the Gift that keeps giving for all your Holiday Needs

Gift cards available in any denomination from the Pavilion Spa

**Add a product to your gift card order, and receive 15% off that product (purchased at same time as the gift card).**



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Fitness & Health Pavilion

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