

May 2021 PROGRAMS & EVENTS

Register online or call 513 985 0900

Coming in June!

HealthONE

20-week weight management program

June 10 - October 21

Thursdays 6 - 7 p.m.

Members: \$882 + cost of meal replacement

Non-Members: \$980 + cost of meal replacement

Call 513 246 2622 or email karen_sims2@trihealth.com

OUTDOOR GROUP FITNESS CLASSES COMING SOON!

Watch for your favorite Pavilion group fitness instructors to take your workout outside our walls! Stay safe, enjoy the weather and improve your fitness. *Starting May 3, 2021.*

OUTDOOR POOL HOURS:

Pre-season hours

Saturday, May 22 & Sunday May 23: 11 a.m. - 4:45 p.m.

Monday through Friday, May 24 - 28, 11 a.m. - 3 p.m.

Seasonal hours

Saturday & Sunday: 11 a.m. - 4:45 p.m.

Monday through Friday beginning June 1: 11 a.m. - 7 p.m.

Memorial Day, Monday, May 31: 11 a.m. - 1:45 p.m.

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.

Spring session - May 15 - June 26

Saturdays 9:30 a.m. Ages 6 months-3 years

\$75/members \$100/nonmembers



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.

Spring session - May 15 - June 26 Saturdays 10 a.m. Ages 3-6

\$75/members \$100/nonmembers

Register at the front desk or call Marsha Walsh 246-2630

Call front desk or Marsha Walsh, Aquatic Supervisor to register

FITNESS/PERSONAL TRAINING

Poker Walk on the Trail

Come join the TriHealth Pavilion team for a fun Poker walk on the Pavilion 1/2 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 will win!

Wednesday, May 26, walk begins at Noon.

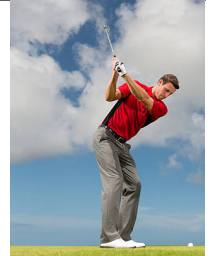
Members and nonmembers FREE

Golf with a Pro - Your Backswing Mechanics

Join Golf Pro, Matt Starr, PGA, and take a more in depth look at the basics of your golf stance, hand placement, backswing and more!

Wednesday, May 19, 12:00 - 1:00 p.m., Conference Room B

Members FREE, nonmembers \$10



KIDS' LIFE

Family Movie & Swim Night

Friday, May 14, 5 - 8 p.m. Enjoy swim time in the main pool before the movie begins at 6:30 p.m. *The first 15 kids in attendance will receive a beach ball! Please register in advance, 513 246 2647 or in the Kids' Life Center.

Cost: Members FREE, nonmembers \$10

PAVILION SPA & INTEGRATIVE HEALTH AND MEDICINE

Spa

Schedule Spa & Integrative Health appointments: 513 246 2636

Breathe Easier this spring with Acupuncture for Allergies \$85.00

Acupuncture can reduce the misery of allergies, asthma and chronic sinusitis without the side effects of medication. It is also effective in treating digestive disorders, headaches, back and neck pain, arthritis and pain disorders. Call 513 246 2636 to schedule.

Mother's Day, Sunday, May 9

Indulge Mom with the relaxation and pampering she deserves with one of our Spa Mother's Day packages.

Mother's Day Special Package \$275.00

(Full-Service Package including tax and tip)

Signature Eminence Facial, 1-hour relaxation massage, and Hydrating Body Wrap

Mother's Day Mini Package \$200.00

(Mini-Service Package including tax and tip)

Express Facial, 1/2 hour relaxation massage, and a Full Body Sugar Scrub



TriHealth

Fitness & Health Pavilion [TriHealth.com/FitnessPavilion](https://www.trihealth.com/FitnessPavilion)