

April 2024

Pavilion Programs and Special Events

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

Be seen. Be heard. Be healed.™

2024 Outdoor Pool Opening Day

Saturday, May 25, 10 a.m. – 4:45 p.m.
Sunday, May 26, 10 a.m. – 4:45 p.m.
Monday, May 27 (Memorial Day), 10 a.m. – 3:45 p.m.

Summer Pool Hours

Monday – Friday, 11 a.m. – 7 p.m.
Saturday & Sunday, 10 a.m. – 4:45 p.m.

Aquatics

CATS – Lifeguard Training Certification

Must be 15-years old at the start of class.
April 26 through May 5, 2024.
Friday 5 – 8 p.m.,
Saturday & Sunday 9 a.m. – 5 p.m.
Register at cincinnatiaquatictraining.com



Group Swim Lessons: Child to Adult

Session 3: April 21 – May 25, 2024
(4-week session)
Members \$60, Nonmembers \$98
Members register at the front desk,
Nonmembers register in person.



Class days/times as follows:

Monday

5 – 5:30 p.m. Preschool (3-5 years); Warm Water Pool
5:35 – 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

Wednesday

6:30 – 7:15 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)

Adaptive Swim Lessons

Adaptive swimming lessons are 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, and learning disabilities. Our instructors have specialized training that focuses on a learning environment that moves at their pace.
Tuesdays, 6:35 p.m., March 5 – 26; April 2 – 23; May 7 – 28, Members \$60, Nonmembers \$72



Fitness & Personal Training

24th Annual TriHealth Pavilion Triathlon

This month-long event challenges you to complete the 3 parts of a Triathlon. Get a T-shirt when you finish!

April 1 – April 30

FREE to Members

Register March 10 – April 6.



World Tai Chi Day: Open to the Community

You are invited to join the Pavilion in hosting World Tai Chi Day. Our Tai Chi class, along with other local Tai Chi groups, will be showcasing traditional Tai Chi movements. Come observe the beauty of Tai Chi.

April 27, 10 – 11:30 a.m.

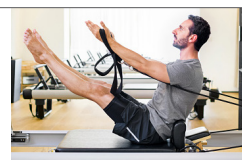


ReforMEN

Join Lynne for an 8-week session to increase flexibility, strengthen core and balance. Improve your golf and Pickleball performance with the Pilates Reformer.

Thursdays, April 4 to May 23, 10:30 a.m.

Members \$180, Nonmembers \$264



Healthy Lifestyles

NEW PROGRAM! Manage: Heart Health

This 6-week program focuses on lifestyle changes that can be made to help control your risk factors for heart disease.

Tuesdays, April 16 – May 21, 8 – 9 a.m.

Members \$150, Nonmembers \$175



Healthy Living Workshop: Gut Health

Our gut health is strongly tied to our immune system. Registered Dietitian, Christy Bahan, will discuss the links between the microbiome in our gut, our immunity and overall health. Get helpful tips for keeping the gut healthy and recommendations for when the gut does not seem to be working smoothly. **Wednesday, April 24, 12:30 – 1:30 p.m. Conference Room B**



Cooking Demo: Balanced Breakfast

Save the date, set your alarms, and let's cook up a delicious and nutritious breakfast together! We'll show you how to create a perfectly balanced and delightful breakfast that kickstarts your day with energy and vitality.

Wednesday, April 10, 12:30 p.m.

Conference Room A

Members FREE, Nonmembers \$10



Recreation

Wine Artistry

This night is for our wine lovers. With instruction bring your creative side. Design/ decorate your own wine goblet and enjoy a special demo on delicious wine spritzers. Goblet and painting supplies included.

Thursday, April 25, 6 – 8 p.m.

Members \$45, Nonmembers \$55



Additional Pickleball Options

Pickleball is popular amongst our Pavilion Members! We are running out of court space on Mondays, Wednesdays & Friday Mornings. We encourage interested players to also utilize our additional open play slots & opportunities:

New Pickleball Open Play Times

Tuesdays, Thursdays, and Fridays, 12:30 – 2:30 p.m.

Personal Training

3 – 4 small group training sessions available Fridays

Scheduled from 4 - 8 p.m.

\$30/hour



Calling all Basketball Players

Visit the Pavilion front desk & join our Basketball Community Email Distribution List.



Spa

April Special

Deep Tissue Massages

Book a 30-minute Swedish or Deep Tissue Massage and receive 15% off.

Maximize benefits when combining massage with acupuncture to help with muscle aches or even lessening spring allergy symptoms. April is a good time to schedule your Post Race massage or acupuncture following the May 5th Flying Pig.

Bring in your Medal for 15% off your massage.



Gift Cards available!

Visit TriHealth.com/FitnessPavilion to book early! Or call 513 246 2636.

Conference Room Rental Information for Special Events

Did you know members receive a special discount for rentals? Are you planning a special family gathering and/or need space for a private event? Think: Baby Showers, Dinners, Birthday Parties, Hosting a webinar or corporate event. If you are interested & need more info on pricing, **call 513 246 2647**. Ask about our member referral discount.

