

# May 2024

## Pavilion Programs and Special Events

Register as noted or online at [TriHealth.com/FitnessPavilion](http://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

#### 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

#### Spring Rush: Refresh your Workouts!

Complete an activity and place a sticker on the correlating square. Complete all 16 squares by the end of the month! Collect a workout card at the Fitness Desk or in one of the studios

May 1 – May 31.

**FREE to Members**



#### Personal Training Special

May 19 – 31 only

**Buy 5 pack, get 1 session free – valid for full and half packages**

#### Pilates Reformer Special

May 19 – 31 only

**Buy 20 pack get 2 free – valid for class and private packages**

### Healthy Lifestyles

#### Healthy Living Workshop: Metabolism

What is it? What causes it to slow down? Can I do anything to speed it up? Come learn the answers to these questions and more with

Registered Dietitian, Kate Spitzer.

**Wednesday, May 22, 12:30 – 1:30 p.m.**

**Conference Room B**

#### Cooking Demo: Mother's Day Dinner

Join us for a special Mother's Day dinner cooking demo where we'll guide you through crafting a delicious and heartfelt meal for the extraordinary women in your life.

**Wednesday, May 8, 12:30 p.m.**

**Conference Room A**

**Members Free, Nonmembers \$10**



### Kids Life Center

#### Mother's Prince & Princess Brunch

Mothers come celebrate with your little prince or princesses. Enjoy light brunch, nail polish change, face painting and more.

*\*Mothers, sons & daughters encouraged to dress-up like favorite Prince or Princess!*

**Saturday, May 4, 10:30 a.m. – 12:30 p.m.**

**Members \$35 a duo, each additional child \$10, each additional adult \$15**

Register by April 30 Nonmember duo: \$40



#### Friday Night Fun Zone: Give Mom A Night Off

In honor of mother's day, we are giving mom a night to herself. Bring the kids to us. Kids will enjoy active play, organized games and arts & crafts. Pack a snack and/or dinner (No nut products).

**Friday, May 10, 4:30 – 7:30 p.m.**

**FREE to Members**



## Recreation

### Beginner Pickleball Clinic

If you have missed or never attended one of our clinics, here is your chance to join us. Come meet new friends, learn new techniques & use this opportunity to get all the answers to questions you may have regarding Pickleball.



**Monday, May 20, 12:30 – 1:45 p.m. or 6 – 7:15 p.m.**  
**Members FREE, Nonmembers \$20**

### 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**

## Spa

### May Specials

#### Celebrating Mother's Day

Mother's Day is the perfect time to shower Mom with the gift of one of our new amazing facials.



#### Save 15% on the following:

Eminence Sculpt Facial Massage	\$95
Signature Facial	\$80
HydraMicrodermabrasion	\$125
Cupping Facial	\$150
Acupuncture Facial	\$200

Gift Cards available!

Visit [TriHealth.com/FitnessPavilion](http://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.

Be seen. Be heard. Be healed.™



[TriHealth.com/FitnessPavilion](http://TriHealth.com/FitnessPavilion)