

November 2023

PAVILION PROGRAMS AND SPECIAL EVENTS

Where health, family and fitness meet.

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

NOVEMBER 2023 EVENTS

Lung Health Event

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

AQUATICS

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

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

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.

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.

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.

HEALTHY LIFESTYLES

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.

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

KIDS' LIFE CENTER (Space is limited for kids' programs)

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, 4:30 – 7:30 p.m.

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

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 9-12. 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 7, 14, 28, Dec. 5, 6 – 7 p.m. (No Clinic Nov 21st)

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

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



TriHealth
Fitness & Health Pavilion

TriHealth.com/FitnessPavilion