

November 2025 Featured Events



**November 10–December 17
(6 weeks)**

Fresh Start for the Holidays!

Mondays & Wednesdays;
6–6:45 p.m.
Members only, \$149

Get fit and feel your best heading into the holidays with small group classes led by degreed and certified fitness coaches. These evidence-based, circuit-style sessions support healthy weight loss while building strength, burning fat, and keeping you motivated. This program delivers real results when you need them most.

- Offered exclusively to current and new members



Wednesday, November 19

Turkey Trot 5K

12 p.m.
*FREE to Members
& Nonmembers*

Take a break from the workday and join us for the Turkey Trot 5K on the Pavilion's ½ mile outdoor trail. Enjoy the crisp fall air as you run or walk through scenic surroundings with friends and coworkers. Whether you're aiming for a personal best or just looking to unwind, this event is a great way to stay active and refreshed. Step outside and make the most of the season.

- Register at the front desk



Wednesday, November 26

Turkey Trot TRX

9 a.m. in the Sports Arena
Members only

Join our Turkey Trot TRX Full Body Workout! A great class to get in during the holidays and get back to enjoying people and good food!



Thirsty Thursdays November Special: 15% Off Hydro Microdermabrasion

Every Thursday this November (excluding Thanksgiving on November 27), enjoy 15% off our deeply hydrating and rejuvenating Hydro Microdermabrasion treatment. Perfect for Fall skin care—smooth, plump, and protect your glow as the seasons change.



Tuesday, November 11

Healthy Living Workshop—"Vital Carbohydrates"

12:30 p.m.

We saved the most controversial macronutrient workshop for last! Come learn the evidence-based facts about carbohydrates from Registered Dietitian, Kate Spitzer.

November 2025 Programs & Events



September 1–November 30 Fall Water Workout Challenge

Make a splash and take charge of your health. Join the challenge to complete at least 30 minutes of water-based exercise five days a week. We'll help you track your progress and reward your dedication with monthly prizes and a grand finale giveaway in early December. Strengthen your heart, boost your mood, and beat holiday stress—one workout at a time.



Tuesday, November 11 Sound Bath Meditation

Relax and restore with therapeutic vibrations in this multi-instrumental sound bath led by Certified Sound Therapist Jessica Kirschner, RYT®. Benefits may include improved sleep, reduced stress, and emotional healing.

Be sure to bring:

- Thick yoga mat, pillow, blanket, water
- Comfortable, warm clothing
- Optional props (eye mask, bolster)
- Limited zero-gravity chairs available—request when registering

7 p.m.-8:15 p.m.

Members and Nonmembers \$35

Call 513 246 2636 or email Jessica_Kirschner@TriHealth.com



Wednesday, November 19 Cooking Demonstration— "Plant Protein"

Want to increase your plant intake without sacrificing protein? Join Registered Dietitian, Kate Spitzer, as she prepares recipes that will help you to expand beyond the veggie burger horizon.

12:30 p.m.

FREE to Members, Nonmembers, \$10



All November Aquatic Performance Training

Ready to reach your fitness goals—with less impact and more results? Dive into personalized, one-on-one water-based training that goes beyond swim strokes and technique. Our AEA-certified instructors—Caroline Brockhage, Karen Farren, and Megan Farrugia—tailor each session to your needs, whether you're working on strength, endurance, flexibility, core stability, or overall wellness. Low-impact, high-reward fitness | Full-body benefits | no strokes required.

Request form at the front desk.



All November Master Swim

Stay active and dive into structured swim sessions designed for adults 18 and older. Whether you're swimming for recreation, fitness, or training for a triathlon, all skill levels are welcome in this supportive and motivating environment.

Monday & Wednesday: 8 p.m., Tuesday & Thursday: 3–4 p.m.

Members \$30/month, Nonmembers \$45/month