

October 2025 Featured Events



'Harvest Your Health' Pavilion Open House

Sunday, October 12 – Saturday, October 18

- Free guest week
- Fun events



Every Tuesday in October
Golf Fitness & Performance Training
2 p.m. in Studio C
4 Sessions; Members \$120,
Nonmembers \$150

Elevate your golf performance with our specialized fitness class guided by a Titleist Performance Institute Instructor. Build explosive power, improve mobility, and sharpen your athletic edge through targeted conditioning drills. Strengthen the core elements of your swing including balance, flexibility, strength, and speed for greater consistency and control. Train with purpose and bring your best game to every round.



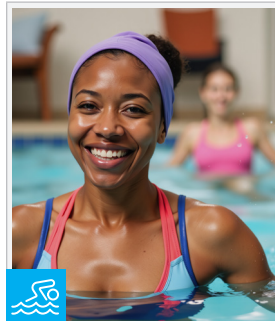
October 13–November 8
Group & Adaptive Swim Lessons
Fall Session 2
Members \$60,
Nonmembers \$72

Monday

5-5:30 p.m.—3-5 yr olds
5:35-6:20 p.m.—6-10 yr olds
6:30-7 p.m.—6 mo to 3 yrs
(parent/guardian will
be in the water)
7:05-7:50 p.m.—Adults

Saturday

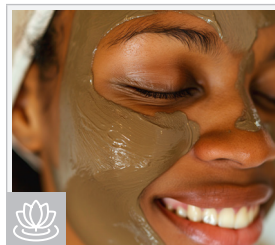
9-9:30 a.m.—6 mo to 3 yrs
9:35-10:05 a.m.—3-5 yr olds
10:15-11 a.m.—6-7 yr olds
11:05-11:50 a.m.—8-10 yr olds



All October
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.



Get Masked!
Masquerade Party
Open House

Celebrate beauty with flair: Enjoy a festive open house blending fun, education, and skincare insights.

Discover the glow beneath the mask: Learn how face masking helps hydrate and revitalize your skin.

Masked and rewarded: Wear a costume or skincare mask to receive a special goodie bag and a raffle ticket for exciting prizes.



Wednesday, October 15
Healthy Living Workshop—"The Power of Dietary Fat"
12:30 p.m.

Please join Christy Bahan, RD for part 2 of our macronutrient series as she discusses the importance of fat as a macronutrient and how to incorporate fat into a healthy diet pattern.

October 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.



Wednesday, October 1 Cooking Demonstration — "Rotisserie Roulette: Spin One Chicken Into Three Global Hits"

Join Parul Kothari, Registered Dietitian from our Weight Management Team as she helps with tips to make weeknight dinners less challenging. She will demonstrate how to turn one rotisserie chicken into 3 delicious and nutritious meals from different cuisines.

12:30 p.m.

FREE to Members, Nonmembers \$10



Every Tuesday in October Boxing with James

Jab, cross, and sweat it out— Whether you're a beginner or a seasoned striker, this high-energy class delivers technique, cardio, and power. Wrap up, gear up, and let's go!

9:30 a.m., Studio C

Newly Added! Sundays at 10 a.m.

Drop-in, \$15; 10-Class Pack, \$120



October 12–18 'Pink in the Pool'

Join us for our third year of raising awareness for Breast Cancer. Wear pink all week to honor and support those affected by this disease. We'll share empowering info on self exams—how to do them, what to watch for, and where to turn for answers and support. Let's stand together in knowledge, compassion, and courage.



October 13–November 8 (Follows Swim Lesson Session 2 Dates) Adaptive Swim Lessons

Inclusive swim instruction tailored for individuals with cognitive, developmental, and neurological differences. Our specially trained instructors create a supportive, personalized environment—meeting each participant where they are and progressing at a pace that fits their needs. Conditions supported include Autism, ADHD, Cerebral Palsy, Down Syndrome, sensory impairments, and learning disabilities.

Tuesdays, 6:30 p.m., Saturdays, 9:30 a.m.

Members \$60, Nonmembers \$72



Tuesday, October 14 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, October 29 Spooky Spin Class

Join us for tricks, treats, tunes, and a great ride! Costumes are encouraged!

5:30 p.m.

FREE to Members, Nonmembers, \$25 Guest Pass



Thursday, October 30 Halloween HIIT Class

Get your spooky sweat on with this 50 minute High Intensity Interval Training class.

5:30 p.m.

Members only



All October 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.

Wednesday: 7 p.m., Tuesday & Thursday: 3 p.m.

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