

July 2025 Featured Events



Summer Outdoor Pool Hours

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

Independence Day Hours: Friday, July 4

Center Hours: 7 a.m.–4 p.m.
Outdoor Pool Hours: 11 a.m.–3:45 p.m



Every Wednesday in July

Golf Fitness & Performance Training

4:30 p.m.
\$150 Members/5 sessions
\$200 Nonmembers/5 sessions

Join our small group golf fitness training class, led by a Titleist Performance Institute Instructor. We focus on conditioning exercises that boost power and performance. Through a combination of targeted drills, we address balance, flexibility, strength and speed.



Tuesday, July 1 Red, White, and Burn Bootcamp

9:30 a.m.
Members only

Join our bootcamp class featuring exercises inspired by the colors of the American Flag. Think red mountain climbers, white squat jumps, and blue burpees.



Friday, July 11 A Night with 'Pour Candle Bar'

6–8 p.m.
Members \$45, Nonmembers \$55
Registration deadline June 30

Are you looking to give your guests a one-of-a-kind experience? Join us for a truly unique experience of candle making with your friends or make it a date night. Through a guided process you will be educated on the techniques of candle making.

- Supplies provided, including fragrance, wicks and 8oz vessels
- Enjoy light refreshments & mocktails

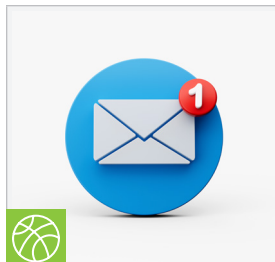


Saturday, July 19 Float in Movie Night: 'Jaws'

7–11 p.m.
Members \$10/person
Nonmembers \$15/person

This 1975 cult classic will make you think twice while floating away in our pool. This event is for members and guest 14 and older.

- Appetizers, finger foods and mocktails included
- You are welcome to bring your own adult beverages



Join our Pickleball and Basketball Community

Open to Members and Nonmembers

Stay up-to-date with calendars, events, changes and more.

- Pickleball Community: Send your email address to LaShaunda Jones at lashaunda_jones@trihealth.com
- Basketball Community: Visit the front desk to add your name to our email distribution list

July 2025 Programs & Events



Saturday, July 12 Tabata Throwdown

Join Kathie for our Tabata class which effectively focuses on highlighting the intense, short-burst workout format and its benefits like improved cardio, muscle tone, and calorie burn.

8:30 a.m., [Sports Arena](#).

Members only



Tuesday, July 15 Yoga on the Lawn with Stacy

Enjoy the sunshine with Stacy on as she teaches Sun Yoga Flow on the TriHealth Pavilion front lawn.

10 a.m.

Members only



Wednesday, July 16 Healthy Living Workshop—Summer Fun Workouts and Outdoor Adventures

Take advantage of the sun and fun this summer. Join Tracy Littellmann, Certified Athletic Trainer as she introduces ways to add outdoor variations to your current workouts.

12:30 p.m., [Conference Room B](#)



July 19 through October 11 Queen Bee Training Program

Want to participate in Cincinnati's Queen Bee Half Marathon or 4-miler race, but not sure where or how to start training? Join Caroline twice a week for training walks/runs and meet with other health professionals to ensure you are ready to move with confidence in October. Training programs available from 4-miler to half marathon. Informational talks with massage therapists, acupuncturists, yoga instructors, mediation, injury prevention, proper nutrition and and proper equipment fitting.

[Tuesdays, 5:30 p.m. and Saturdays, 8 a.m.](#)

Member \$150, Nonmember \$200



Wednesday, July 30 Cooking Demo—Salads

If you think salad is just another word for boring, bland rabbit food, then let our registered dietitian change your mind. Join Kate Spitzer as she prepares delicious and nutritious salads.

12:30 p.m., [Conference Room A](#)

FREE to Members, Nonmembers \$10

RSVP at the front desk by July 25



UV Safety Month All Sunscreen 20% off in July