

June 2025 Featured Events

Outdoor Pool Opening

Memorial Day Center Hours: 7 a.m.–4 p.m.

Outdoor Pool Hours Memorial Day Weekend:

Saturday, May 24, 11 a.m.–4:45 p.m.

Sunday, May 25, 11 a.m.–4:45 p.m.

Monday, May 26, 11 a.m.–3:45 p.m.

Summer Outdoor Pool Hours

Monday–Friday, 11 a.m.–7 p.m.

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



June 1–June 30

Get Summer-Ready with Core & Arm Training!

*Members only,
3 sessions for \$75*

Want to rock those sleeveless tops and feel strong this Summer? Join our Core & Arm One-on-One Personal Training sessions this June for a fun and focused workout experience!

- Register with a personal trainer
- Purchase your package at the front desk



June 1–August 31

Summer Hydration Challenge!

Members only, FREE

Stay refreshed and healthy this Summer by setting your daily water intake goals and track your progress from June to August. Plus, you'll have a chance to win exciting prizes in our raffle!

- Challenge Cards available at the Fitness Desk



Saturday, June 14

Float in Movie Night: 'Blue Hawaii'

7–11 p.m.

Members \$10/person

Nonmembers \$15/person

Travel back to 1961 for this Elvis Presley American musical romantic comedy set in Hawaii. 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



Saturday, June 21

World Yoga Day

7:30 a.m. in Studio A

Members only

Celebrate World Yoga Day by joining Yoga Flow with Deana.

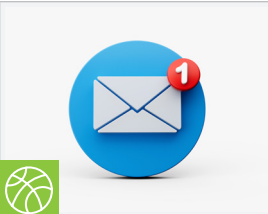


Gentleman's Facial

20% off in June

\$80

A tailored skincare experience designed to refresh and rejuvenate. Enjoy a customized treatment featuring cleansing, exfoliation, optional steaming, extractions, massage, mask, and moisturizer. Infused with nature's finest ingredients and subtle aromas, it offers a rejuvenating skincare experience.



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

June 2025 Programs & Events



June 1–August 31 Step into Summer Challenge

Start your Summer on the right foot and join us for our Summer-long steps challenge. Beginning June 1 pick from 500,000, 750,000 or 1 million steps to work towards this Summer. Tracking forms are available at the fitness desk.

Members only, FREE



June 1–24 'Workout of the Week'

Join us every Tuesday in June on the TriHealth Pavilion Facebook page for our 'Workout of the Week' series. Led by certified personal trainers, these videos showcase dynamic exercises featuring the Marpo rope, Concept 2 SkiErg, and other fitness tools. Each session includes a complete workout routine designed to motivate and energize you. Need adjustments? Our Fitness Coaches are here to help you personalize the workouts to suit your needs. Get ready to move, challenge yourself, and stay inspired!



June 2–August 7 Summer Mini Swim Lessons

Ages 3-10 years (*Children will be grouped by age and ability during first class.*) All registrations must be completed at the front desk. Must have 3 participants to run the class. Outdoor pool, weather permitting.

Monday through Thursday, 10:15–11 a.m. or 6–6:45 p.m.

9 weekly sessions:

June 2–5	Break Week,	July 14–17
June 9–12	June 27–July 6,	July 21–24
June 16–19	No Lessons	July 28–31
June 23–26	July 7–10	Aug 4–7

Members \$60, Nonmembers \$72



June 2–July 28 Adult and Parent/Child Lessons

Summer 1: June 2–23

Summer 2: July 7–28

6:30 p.m. Parent/Child Class (*Ages 6 months through 23 months*)

7:05 p.m. Adult Class

Members \$60, Nonmembers \$72



Monday, June 2 Men's Reformer Day

Join us for a special Men's Pilates Reformer class dedicated to increasing flexibility and raising awareness for Men's health.

It's a great opportunity to focus on fitness and well-being in a supportive environment. Register at the Front Desk.

2 p.m., Studio B

Members only, FREE



Wednesday, June 4 Healthy Living Workshop—Mindful Stress Management: Tools for Relaxation and Balance

Join certified Health and Wellness Coach Jessica Kirschner to learn practical, evidence-based techniques to reduce stress, improve mental clarity and support overall well-being. The session will include a mini sound therapy experience designed to promote relaxation and balance.

12:30 p.m., Conference Room B



June 9 – 19 Whales Tales Water Safety Program

Kick off the Summer learning all about water safety and learn to swim too. This 2-week class will cover water safety in various environments: backyards, swim parks, open water, winter sports, even at home! Ages 3-8 years .

Monday through Thursday each week, 5:45–7 p.m.

Members \$115, Nonmembers \$150

Registration deadline June 6



Wednesday, June 25 Cooking Demo—No Cook Meals

It's summer and the weather is warm. Many of us do not want to heat up our kitchens cooking. Join Pavilion Dietitian Christy Bahan as she demonstrates how to prepare healthy meals that do not require cooking.

12:30 p.m., Conference Room A

FREE to Members, Nonmembers \$10

RSVP at the front desk by June 20



Deep Tissue Massages 4 pack 1-hour \$320 (Save \$40)