

June 2026 Featured Events

Register at the front desk or through the Member Portal

Summer Member Appreciation Parties

Saturday, June 27 & August 29



Beginning Tuesday, June 2

Women on Weights

Tuesdays, 12 p.m., Studio C

\$15 a session or

5-pack for \$60 (\$12/session)

Join our ongoing small group personal training program to improve bone health through strength training together with other women.



Summer Session 1: June 1–27

Group & Adaptive Swim Lessons

Members \$70/session,

Nonmembers \$80/session

Swimming and water safety are essential lifelong skills. Our lessons focus on building strong aquatic foundations, refining stroke mechanics, and teaching critical safety principles to help keep you and your loved ones safe in and around the water. We offer instruction for all ages, from 6 months through adulthood—so you can build confidence and skills for a lifetime of safe aquatic enjoyment.

Session 2: July 6–August 1

[See following page for daily session schedule](#)



Beginning Tuesday, June 2

Chair Cardio

Tuesdays, 1 p.m., Studio A

Chair Cardio is an excellent way to get moving while protecting your joints and muscles. This is an all-purpose cardio workout, incorporating strength and stretching in our movements while being mindful of our heart rate.

- All levels of fitness welcome!



Saturdays, June 6–27

Les Mills Body Pump®: Plates (Outdoor)

7 a.m.

FREE to Members

Build strength and endurance in all major muscles with high rep resistance with Caroline. 1 workout. 1000 reps. 1000 x stronger!

- Class meets in front parking lot



Tuesday, June 9

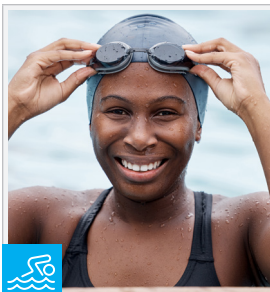
Cooking Demonstration—“Smoothies”

12:30 p.m., Conference Room A

FREE to Members,

Nonmembers \$10

Smoothies are an easy way to support energy, hydration, and health goals, no matter how busy life gets. Join registered dietitian, Kate Spitzer, as she blends up some refreshing creations.



Join our newest team—the TriHealth Thundering Turtles

Grown Up Swimming League

Meets: 6 p.m., Thursday,

June 25, July 9 & 23, August 6

\$75 per person plus cost of t-shirt

Join our team in the Cincinnati Grown Up Swimming League! Our team is built on fun, encouragement, and a shared love of the water. This no stress, all abilities welcome team will compete in four local meets this summer. The league is often described as the *slow pitch softball version of swimming*—distances max out at 25–50 yards, with an emphasis on fun, camaraderie, and social connection rather than competition.

- For more information, email Sheri_Reid@trihealth.com.

June 2026 Programs & Events

Register at the front desk or through the Member Portal



June 1–August 1 Group Swim Lessons: Summer Session 1 & 2

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 water*)
7:05-7:50 p.m. Adults

Thursday

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 water*)

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

Members \$70/session, Nonmembers \$80/session



Tuesdays, June 1–August 1 Adaptive Swim Lessons: Summer Session 1 & 2

Designed for individuals with cognitive, developmental, and neurological challenges.

6:30 p.m.

Members \$70/session, Nonmembers, \$80/session



June 1– August 31 Step Into Summer – Steps Challenge

Kick off summer with our season long steps challenge through Personify Health. Choose a goal—500,000, 750,000, or 1,000,000 steps—and stay motivated all summer long.

- Complete the challenge in the Personify Health app.



Tuesday, June 16; Thursday, July 9; Thursday, August 20 Sound Bath Meditation

Step away from the noise and relax deeply in this immersive Sound Bath Meditation guided by Certified Sound Therapist Jessica Kirschner, RYT®. Therapeutic sound vibrations help calm the nervous system and restore mind body balance. No experience necessary.

Conference Rooms A & B

**Call 513 246 2636, option 1 or
email Jessica_Kirschner@TriHealth.com**



June 16 Relax & Float Night (*Outdoor Pool*)

Float, relax, and recharge with calm music and a peaceful evening atmosphere.

6 p.m.

Members \$10, Nonmembers \$12



Wednesday, June 17 Healthy Living Workshop— “Beverages”

Join Registered Dietitian, Christy Bahan for a discussion on how commonly consumed beverages support our hydration needs and health goals.

12:30 p.m.

July 2026 Programs & Events

Register at the front desk or through the Member Portal

Summer Member Appreciation Party Saturday, August 29



Summer Special: Try a Trainer Members \$99

Curious about personal training? This limited time offer is a great way to start! Includes a 30 minute one-on-one consultation and three 25 minute personal training sessions.

- Call 513 246 2646 to schedule



Wednesdays, July 1–29 'Yoga Lab' with Stacy 9 a.m. Studio A FREE to Members

Yoga Lab is not a typical yoga class, it's a weekly workshop where we explore poses, breath work or meditation - all depends on what YOU want to dive into! Whether you want to learn the sun salutation or figure out triangle pose or dip your toes into meditation, each class the participants offer up what they would like to break down, and we play in that space!



Summer Session 2: July 6–August 1 Group & Adaptive Swim Lessons Members \$70/session, Nonmembers \$80/session

Swimming and water safety are essential lifelong skills. Our lessons cover basic aquatic skills and stroke mechanics. You'll also learn key principles to keep you and your loved ones safe in and around water. We offer instruction for ages 6 months through adulthood as well as lessons designed for individuals with cognitive, developmental, and neurological challenges. Join us and gain the confidence and skills you need to enjoy the water safely!



Thursday, July 9 & 23 Grown Up Swimming League 6 p.m.

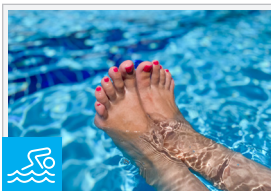
The TriHealth Thundering Turtles are part of the Cincinnati Grown Up Swimming League and participate in summer swim meets that are social, supportive and focused on fun—not competition.



Wednesday, July 15 Cooking Demonstration— "Make Ahead Meals" 12:30 p.m., Conference Room B FREE to Members, Nonmembers \$10

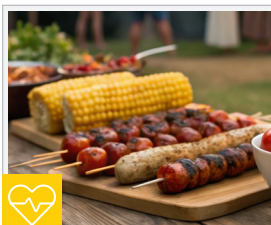
Looking for simple, stress free lunch ideas?

Join member Fred Sims as he shares easy, make ahead lunch recipes that are practical, nutritious, and perfect for busy schedules. Great for anyone looking to save time while still eating well.



Wednesday, July 15 Relax & Float Night 6 p.m. Members \$10, Nonmembers \$12

Mid summer relaxation in the outdoor pool.



Tuesday, July 21 Healthy Living Workshop— "Eat Safe This Summer" 12:30 p.m., Conference Room A Members \$10, Nonmembers \$12

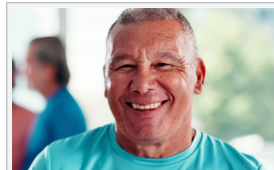
Nothing spoils a summer cookout faster than foodborne illness.

Kate Spitzer, RD, LD will review proper food storage, preparation, and handling techniques so you can chill without getting ill.

August 2026 Programs & Events

Register at the front desk or through the Member Portal

Summer Member Appreciation Party Saturday, August 29



Beginning Thursday, August 6

Sit & Boogie Fit

1 p.m.
Studio A
FREE to Members

Dance, clap and sing in this seated full body, low impact workout. We will use a chair and combine beginner friendly choreography, a playlist showcasing all the decades with a focus on strength, posture, self-expressions and fun!



New!



August 10–14 Know Your Numbers: Biometric Screenings

*Members only,
complimentary*

This 15 minute screening measures body fat percentage, BMI, blood pressure and hand grip strength .

- Call 513 246 2640 or visit the Fitness Desk to schedule



Wednesday, August 19

Cooking Demonstration— "Sheet Pan Meals"

12:30 p.m.,
Conference Room B
*FREE to Members,
Nonmembers \$10*

Sheet pan meals showcase how to put the power of nutrition into practice with dinners or lunches where all the ingredients are cooked together on one sheet pan.

Also called Sheet Pan Dinners or Tray Bake, these recipes demonstrate an easy, time saving way to create balanced, flavorful meals that support long term health



Wednesday, August 19

Relax & Float Night

6 p.m.
*Members \$10,
Nonmembers \$12*

End the summer with a calm, stress free evening in the outdoor pool.



Wednesday, August 26

Healthy Living Workshop—"Take Care of Your Bones"

12:30 p.m.,
Conference Room B
*FREE to Members,
Nonmembers \$10*

Strong bones are the foundation for lifelong movement and independence.

Join Karen Sims, MS, ATC as she shares expert guidance on how to safely modify and enhance your workouts to protect your bones while still building strength, stability, and confidence.

Summer 2026 Recreation

Register at the front desk or through the Member Portal

Ready for some summer fun and social connection?

Join fellow Pavilion members and guests in these exciting recreation programs.



Bingo Bash: Summer Social

Thursday, June 18
12–1:30 p.m.
Conference Rooms A & B
Members \$5,
Nonmembers \$10

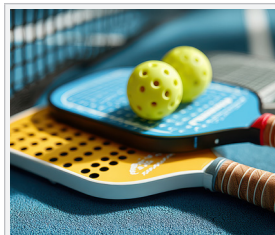
Bring your competitive spirit and have some fun! Enjoy split-the-pot games, chances to win raffle prizes & more!
Feel free to bring a friend!



Paint & Pour: Slushie Edition

Thursday, July 16
12–1:30 p.m.
Conference Rooms A & B
Members \$20,
Nonmembers \$25

Take us to the Tropics!
Tap into your creative side with a friend while enjoying cool tropical slushies, music, and a fun canvas painting experience.



Pickleball Clinic

Monday, August 17
10–11:15 a.m. &
6–7:15 p.m.
FREE to Members,
Nonmembers \$20

Join us for one of today's most popular and fast-growing sports!
Perfect for beginners—bring a friend or come solo to socialize and play with others. Learn the basics, sharpen your techniques, and build new skills.



Calling All Pickleball Players! The Paddle Pair Up *(ongoing program)*

New to the Pavilion Pickleball Community and ready to find your people? Let's get you on the court and connected—your name and contact info is all we need!

Sign up in one of two easy ways:

- Email LaShaunda Jones at LaShaunda_Jones@TriHealth.com
- Stop by the front desk

You'll receive an email with a list of fellow pickleball enthusiasts who are ready to meet up, play, and have fun. Grab your paddle—it's game time!



Rent Our Spaces for Your Special Event **Special Member discount**

Planning a family gathering or private event? Our spaces are perfect for summer cookouts, baby showers, dinners, birthday parties, webinars, and corporate events in our conference center. **Be sure to ask about our member referral discount!**

- For pricing and availability, call 513 246 2647.

Summer 2026 Kids' Life Center

Register at the front desk or through the Member Portal



2026 Summer Camps at the Pavilion

Register for ANY 2 Camps and get \$10 off or Sibling Discount: 1st child regular price, 2nd child 5% off & 3rd child 10% off

This summer, bring your kids—or grandkids—to the TriHealth Fitness & Health Pavilion for fun and active play. Our summer camps keep kids ages 5–16 moving all season long, with options ranging from cooking camps to multi sports.

- Daily swim time is included
- Both full and half day options available.

For more details, visit Trihealth.com/TrihealthPavilion > Kids > Youth Camps & Programs



Youth Birthday Parties at the Kids' Life Center!

Stop by the KLC today to pick up a brochure—but don't wait, dates fill up fast!

Looking for the perfect place to celebrate your child's big day? The Kids' Life Center hosts fun filled birthday parties for kids ages 1–12!

- Choose from four unique party packages, each designed to make your celebration stress free and unforgettable.
- Every package includes a dedicated party host and a A La Carte Menu so you can customize every detail.

For more information, call LaShaunda Jones at 513 246 2647.



Summer Camp Highlight: CincyMovement Futsal

Ages 8–14

Monday–Friday,
June 15–19, 2–5 p.m.
*Members \$200,
Nonmembers \$220*

Ages 12–16

High Performance Camp
Monday–Thursday,
June 29–July 2, 2–5 p.m.
*Members \$190,
Nonmembers \$210*

We're excited to partner with CincyMovement Futsal to bring two brand-new summer camp opportunities, with private lessons and club programs launching this fall and winter for aspiring players ages 8–16!

What is Futsal?

If your camper loves soccer, futsal is a perfect fit! Futsal is a fast paced, FIFA recognized indoor version of soccer played on a basketball court, designed to boost skill, speed, and creativity.

Why choose Futsal?

CincyMovement Futsal gives players the chance to let their soccer passion—and sole—shine! This dynamic camp focuses on creativity and confidence through a customized training experience that blends aquatic training, speed and agility work, and a strong emphasis on technical off the ball movement. The program is built to elevate players at every level while emphasizing sportsmanship, player development, and a lifelong love of the game. Founded in 2020, CincyMovement Futsal is dedicated to helping players grow and thrive in the sport.



Flicks, Fun & Family Under the Stars

Friday, August 7,
7:30 p.m.

Registration deadline August 5

*Members & Nonmembers
\$5 per person,
Children under 3 FREE*

Our Annual Family Fun Night is Back! Bring the whole family out for a night of laughter, games & a movie under the open sky. Fun for all ages—you won't want to miss it!

- Outdoor movie experience
- Popcorn, treats & slushies
- Music & good vibes
- Don't forget your blanket & lawn chairs!

Come early to enjoy the fun before the movie begins! Activities begin 7:30 p.m. until the movie is over.