

September 2026 Featured Events

Register for all programs in the Member Portal or at the Front Desk



September 1–29

FREE classes in September!

Aqua Body Strong™

Aqua Trampoline Class

Monday, 6:30 p.m., Lap Pool

Tuesday, 5:30 p.m. Warm Water

Thursday, 10:30 a.m. Lap Pool

Get ready to take your workout to a whole new level – in the water! We're excited to bring you ABS™ Aqua Trampoline classes – a fun, high energy, full body workout while enjoying the amazing benefits of water. Classes complimentary for the month of September!

- Bone-strengthening
- Lymphatic drainage support
- Low-impact, high results
- Core Focused
- Fun and energizing

Class Package	Members	Nonmembers
1 class	\$10	\$25
5 classes	\$45 (\$9/class)	\$120 (\$24/class)
10 classes	\$80 (\$8/class)	\$230 (\$23/class)
20 classes	\$140 (\$7/class)	\$440 (\$22/class)



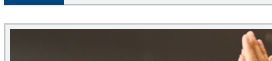
Tuesdays, September 1–29

FREE classes in September!

Basic Mat Pilates Reformer

6 a.m.

Join Megan on Tuesday morning for a 25-minute Mat and 25-minute Pilates Reformer.



Saturdays, September 5–26

FREE classes in September!

Basic Pilates Reformer

8 a.m.

Has it been a while since you have done Pilates Reformer? Do you want to jump back in? Join Megan for the month of September for a FREE Reformer class to get things going again.



September 8–October 30

'Fresh Start' for Fall;

8-week Program

Monday–Thursday

6 a.m., 1 p.m., 6 p.m.

Members Only

No classes on Labor Day

This Fall, make your health a priority with small group fitness classes designed for real-life results and led by degreed and certified coaches. These circuit-style sessions are designed to support healthy weight loss while helping you build strength, burn fat, boost endurance, and stay motivated. Expert guidance and a supportive environment will keep you motivated.

Class Package	Members Only
8 sessions	\$96
16 sessions	\$192
24 sessions	\$288



September 10–November 5

Futsal Afterschool

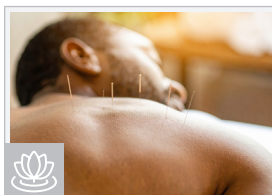
Skill & Shot Open Gym–

Ages 8–14

Thursdays, 4:30–6 p.m.

Members \$15, Nonmembers \$20
or 10 visits for \$100

If your child loves soccer, then Futsal is the perfect pick! Bring a friend or sibling to our open gym experience and build on your technique. This time is specifically for those needing to build strength, wanting one on one or group interaction between the seasons or getting ready for season play! Led by certified futsal professionals from Cincy Movement Futsal, our goal is to prioritize player development, sportsmanship, and establish habits that enable each player to fully enjoy their love for the sport.



Now Offering Expanded

Acupuncture Availability

Monday–Friday, 9 a.m.–7 p.m.

Saturday, 10 a.m.–4 p.m.

With five experienced acupuncturists available, it's easier than ever to find an appointment that fits your schedule. Discover how acupuncture can support stress management, pain relief, recovery, and overall wellness.

- Schedule your visit online or contact the spa at 513 246 2633.

September 2026 Programs & Events

Register for all programs in the Member Portal or at the Front Desk



Group Swim Lessons

Fall Session 1: September 14–October 17

Fall Session 2: October 26–December 5

(No classes the week of November 23–28)

Monday

5–5:30 p.m.	Pre-school (3-5 yr olds)	Warm Water Pool
5:35–6:20 p.m.	Youth (6-10 yr olds)	Lap Pool
6:30–7 p.m.	Parent/Child (6 mo-3 yrs)	Warm Water Pool
7:05–7:50 p.m.	Adult (13 yrs and up)	Warm Water Pool

Tuesday

6:30–7 p.m.	Adaptive	Warm Water Pool
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Thursday

5:30–6:15 p.m.	Youth (6-10 yr olds)	Lap Pool
6:20–6:50 p.m.	Pre-school (3-5 yr olds)	Warm Water Pool
7–7:45 p.m.	Adult (13 yrs and up)	Warm Water Pool

Saturday

9–9:30 a.m.	Parent/child (6 mo-3 yrs)	Warm Water Pool
9:35–10:05 a.m.	Pre-school (3-5 yr olds)	Warm Water Pool
10:15–11 a.m.	Youth (6-8 yr olds)	Warm Water Pool
11:05–11:50 a.m.	Tweens (9-12 yr olds)	Warm Water Pool

Members \$88/session, Nonmembers \$100/session

10% discount to TriHealth team members.



September 1-30

Aqua Strong Board Classes

Challenge your body in a whole new way with Aqua Strong Board Classes! This floating water fitness class uses movements inspired by HIIT, Pilates, yoga and more to build core strength, improve balance and support better posture. Each class challenges your stability and body awareness while helping strengthen the core muscles that support injury prevention, coordination and overall performance. First class is always FREE!

Mondays, 8:30 a.m. w/ Karen Farren (intermediate/advanced)

Tuesdays, 5:30 p.m. w/ Jane Florer (beginner) FREE through 11/20

Thursdays, 7:45 a.m. w/ Megan Farrugia (intermediate/advanced)

Class Package	Members	Nonmembers
1 class	\$10	\$25
5 classes	\$45 (\$9/class)	\$120 (\$24/class)
10 classes	\$80 (\$8/class)	\$230 (\$23/class)
20 classes	\$140 (\$7/class)	\$440 (\$22/class)



Thursday, September 10

Healthy Living Workshop—September is Healthy Aging Awareness Month

Aging causes changes in our body that can impact health and quality of life. Join Christy Bahan, RD for a discussion on how lifestyle choices can improve the aging experience.

12:30 p.m., Conference Room B

No registration required.



Wednesday, September 16

Les Mills Launch Demo! BodyPump & Shapes

Join Caroline and Claude for a 35-minute demo and experience the **new workout** of BodyPump and Shapes.

5 p.m.

FREE for Members



Thursday, September 17

Cooking Demo —“High-Protein Breakfasts”

Join Parul Kothari, RDN/LD as she shows us how to get protein into our breakfast.

12:30 p.m., Conference Room A

FREE to Members, Nonmembers \$10

Register by September 11.



September 20-26

Fall Prevention Week in the Pool

Join us in our water fitness classes that focused on balance training, posture and body awareness while building core strength and stability which are key factors in fall prevention.



September Spa Special

Save \$100 on Microblading

Refresh your look with beautifully defined brows with our Microblading Special. Schedule your appointment today and enjoy long-lasting, natural-looking results.

Special price, \$400 (regularly \$500)



HydroFit One-on-One & Small Group Training

Personalized aquatic training designed to meet you where you are, helping you reach your goals safely and effectively in the water.

Full Session, 50 minutes each

Half Session, 25 minutes each;

Small Group, 50 minutes each (up to 6 people, each buys their own package)

Class Package	Full Session	Half Session	Small Group
1 class	\$65	\$36	-
5 classes	\$300	\$170	\$140
10 classes	\$580	\$320	\$260



October 2026 Programs & Events

Register for all programs in the Member Portal or at the Front Desk

Open House & Free Guest Week: Sunday, October 11–Monday, October 17



Wednesdays, October 7–28

Boxing with James

7:30 a.m., Studio C

Single Class, \$15;

4-Class Pack, \$48

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



**Friday, October 9 &
Monday October 26**

School's Out Day Camp— Ages 6 & up

9 a.m.–4 p.m.

Before-camp care, 7:30–9 a.m.

After-camp care, 4–6 p.m.

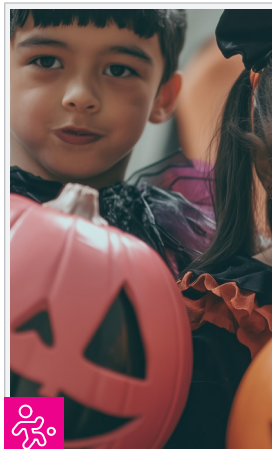
Members \$45,

Nonmembers \$55

Before/After Care additional \$8
per child (payable at check-in)

Make their day off unforgettable! When school's out, the fun begins at our Day Camp led by the energetic Kids' Life Center Team. Kids ages 6 and up can dive into a full day of games, creative activities, and swimming adventures. A jam-packed day of play with pizza lunch and frozen treats.

- Bring a packed lunch (please, no peanuts), swim gear and a big smile.
- Spots fill fast— secure yours now!



Friday, October 23

Halloween Trick-or-Treat Trail & Pumpkin Splash Movie Finale

**Costumes • Treats • Floating
Pumpkins • Glow Swim •
Halloween Movie**

6–8 p.m.

Members \$10, Nonmembers \$12

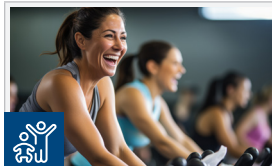
Children 3 & under FREE

Register in the Member Portal
or with the receptionist by
Thursday, October 22.

Grab your costume and swimsuit for a spooktacular night of family fun! Little goblins, ghosts, and superheroes ages 3+ will kick off the evening on our Outdoor Trick-or-Treat Trail, collecting treats, followed by bounce house fun, climbing wall, **playing festive games, dancing** to spooky tunes, and showing off their best costumes for a chance to win a prize. Light snacks included!

Then make a splash in our Warm Water Pool Pumpkin Splash Finale, featuring:

- Floating Pumpkin Patch
- Halloween Movie in the Pool
- Glow Swim
- **Pool Games**
- **Pumpkin Decorating**



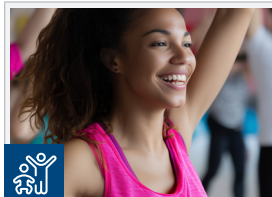
Wednesday, October 28

Spooky Spin!

5:30 p.m.

FREE to Members

Join us for tricks, treats, tunes and a great ride! Wear your best **costume for Jen's annual spooky spin ride!**



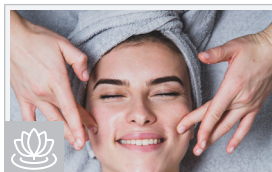
Friday, October 30

Ghouls Just Wanna Have Fun!

10 a.m.

FREE to Members

Get ready to dance away with spooky beats, fun choreography, and festive Halloween energy! Come dressed in your favorite costume and enjoy a frightfully fun workout that will have you moving, grooving, and smiling from start to finish.



October Spooky Special!

Facelift Massage

with Keith

\$72 (regularly \$90)

Enjoy this amazing facial and enjoy 20% off through October. Facelift massage services available on Monday and Tuesday.

October 2026 Programs & Events

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(No classes the week of November 23–28)

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6:30–7 p.m.	Adaptive	Warm Water Pool
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Thursday

5:30–6:15 p.m.	Youth (6–10 yr olds)	Lap Pool
6:20–6:50 p.m.	Pre-school (3–5 yr olds)	Warm Water Pool
7–7:45 p.m.	Adult (13 yrs and up)	Warm Water Pool

Saturday

9–9:30 a.m.	Parent/child (6 mo–3 yrs)	Warm Water Pool
9:35–10:05 a.m.	Pre-school (3–5 yr olds)	Warm Water Pool
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Members \$88/session, Nonmembers \$100/session

10% discount to TriHealth team members.



October 1–31

Aqua Body Strong™ Aqua Trampoline Class

Get ready to take your workout to a whole new level – in the water! We're excited to bring you ABST™ Aqua Trampoline classes – a fun, high energy, full body workout while enjoying the amazing benefits of water.

- Bone-strengthening
- Core Focused
- Lymphatic drainage support
- Fun and energizing
- Low-impact, high results

Monday, 6 a.m., Lap Pool

Tuesday, 5:30 p.m. Warm Water

Thursday, 10:30 a.m. Lap Pool

Class Package	Members	Nonmembers
1 class	\$10	\$25
5 classes	\$45 (\$9/class)	\$120 (\$24/class)
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20 classes	\$140 (\$7/class)	\$440 (\$22/class)



October 1–31

Making Waves for Breast Cancer Awareness

Join us as we turn the pool PINK WITH PURPOSE in support of Breast Cancer Awareness Month.

October 1–31; Wall of Strength: Members write messages/ names for loved ones.

October 4–10; Honor Lap Swim: Log a swim in honor of those who are fighting this disease. Challenge yourself with the distance you choose.

October 18–24; Pink Week: Wear pink in the pool all week.



October 1–31

Aqua Strong Board Classes

Challenge your body in a whole new way with Aqua Strong Board Classes! This floating water fitness class uses movements inspired by HIIT, Pilates, yoga and more to build core strength, improve balance and support better posture. Each class challenges your stability and body awareness while helping strengthen the core muscles that support injury prevention, coordination and overall performance. First class is always FREE!

Mondays, 8:30 a.m. w/ Karen Farren (intermediate/advanced)

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Tuesday, October 6 [note day and time](#)

Healthy Living Workshop— “Fuel Your Body, Fight Your Risk”

Prevention starts on your plate! Join Kate Spitzer, RD as she covers evidence-based nutrition strategies and healthy lifestyle habits that can help reduce cancer risk.

9 a.m., Conference Room B



Wednesday, October 21

Cooking Demo—“Warm Bowls for Fall”

Build a balanced bowl using plant protein. Join Parul Kothari, RDN/LD as she focuses on creating nutrient packed bowls using seasonal produce and plant based proteins and cover a simple formula for building flavorful meals that are high in protein, fiber and overall satisfaction.

12:30 p.m., Conference Room A

FREE to Members, Nonmembers \$10

Register by October 16.

November 2026 Programs & Events

Register for all programs in the Member Portal or at the Front Desk

Closed on Thanksgiving Day! Thursday, November 26



November 2026 Stress Relief in the Water Series

AiChi Demo

Monday, November 2, 6:30 p.m.

Aqua Pilates Demo

Monday, November 9, 6:30 p.m.

Relax & Float Night

(registration required)

Tuesday, November 17, 6 p.m.

AquaCombat Demo

Monday, November 30, 6:30 p.m.

Discover how the water can help you relax, recharge, and manage stress during the busiest time of the year. Join us throughout November to learn simple, effective water-based techniques and take home practical tips to help you stay calm, balanced, and healthy all holiday season long. Relax. Refresh. Restore.



November 6–December 18 'Fresh Start' 6-week Program

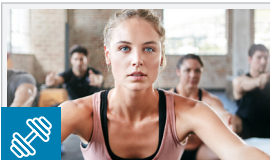
Monday–Thursday

6 a.m., 1 p.m., 6 p.m.

Members Only

Our small group fitness classes are led by degreed and certified coaches who specialize in evidence-based training. These circuit-style sessions are designed to support healthy weight loss, build strength and endurance, burn fat efficiently and keep you motivated and accountable. Whether you're just starting out or getting back on track, this program delivers real results when you need them most.

Class Package	Members Only
6 sessions	\$72
12 sessions	\$144
18 sessions	\$216



Friday, November 20 Turkey Burn Bootcamp

9:30 a.m.

FREE to Members

Bring the energy before the holiday feast with this Thanksgiving-themed boot camp! Come ready to sweat, move, and feel strong as we kick off the season of gratitude with a workout that leaves you feeling accomplished and energized.



Early Registration 3-Day Winter Break Camp: Camp Crazyfood– Holiday Treats

Camp: December 21–23

9 a.m.–4 p.m.

Before-camp care, 7:30–9 a.m.

After-camp care, 4–6 p.m.

In a group setting, kids will discover how to make fun and tasty recipes through creative activities and engage in crazy active games!

Single Day..... \$40

Any 3 Days..... \$105

All 6 Days \$180 (Includes both 3-Day Crazyfood & 3-Day Jr. Ninja Warrior Camps)



Early Registration 3-Day Winter Break Camp: Jr. Ninja Warrior Bootcamp

Camp: December 28–30

9 a.m.–4 p.m.

Before-camp care, 7:30–9 a.m.

After-camp care, 4–6 p.m.

No camp Dec 24, 25, 31 & Jan 1

Children will learn fun moves and skills through fun teambuilding activities, circuit stations, and much more! Instruction by James Wilson, American Ninja Warrior contestant.

Single Day..... \$40

Any 3 Days..... \$105

All 6 Days \$180 (Includes both 3-Day Crazyfood & 3-Day Jr. Ninja Warrior Camps)

November 2026 Programs & Events

Register for all programs in the Member Portal or at the Front Desk



November 1–30

Aqua Body Strong™ Aqua Trampoline Class

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November 1-30

Aqua Strong Board Classes

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Monday, November 9 *note day and time*

Combined Healthy Living Workshop & Cooking Demo—"Blood Sugar-Friendly Holidays"

Join Kate Spitzer, RD to learn practical tips for enjoying the holidays without blood sugar spikes. Whether you have diabetes, prediabetes or simply want to maintain a balanced diet, you'll gain strategies to celebrate with confidence while keeping your health on track.

10:30 a.m., Conference Room A

FREE to Members, Nonmembers \$10

Register by November 5.



Wednesday, November 18

Turkey Trot on the Trail & Raffle

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. Complete the 5K to be entered into the raffle! Prizes include: 1 one-month membership, 1 one-week guest pass, and one Pavilion t-shirt.

11 a.m.

FREE for members



November 1–December 31

The Gift They'll Truly Appreciate

Skip the ordinary gifts and give something meaningful—time to relax, recharge, and feel their best. Treat someone special to the healing benefits of massage.

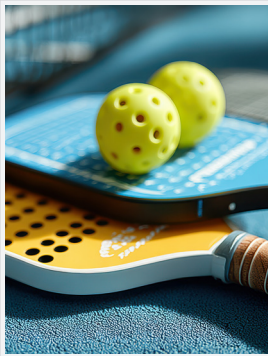
Holiday Deep Tissue Massage Package

5 Sessions for just \$405



Fall 2026 Recreation

Register for all programs in the Member Portal or at the Front Desk



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:

- Email LaShaunda Jones at LaShaunda_Jones@TriHealth.com
- Or, 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!



Shine Basketball Personal Coaching & Training

Did you know that we offer skilled training for youth? Former UC Bearcat & Shining Star Sports President, Alex Meacham and his skilled team of trainers are here to provide a phenomenal service. We offer 30 minute, 1 hour and 2 person group, 1 hour sessions.

- Contact LaShaunda Jones at 513 246 2647 if you are interested in sessions or have questions regarding your specific skill need.



Calling All Basketball Players Love Basketball? Looking for Players to Join You on the Court? *Open to Members & Nonmembers*

Join our Basketball Community email distribution list and connect with fellow players at the Pavilion.

As a participant, you'll receive:

- Updates on sports arena schedules and special events
- Opportunities to connect with other players and coordinate pickup games and meet-up times

Visit the front desk to provide your contact information and stay connected with the local basketball community.



Pick-Up Basketball *Tu & Th, 6–8 p.m. Sa & Su, 10 a.m.–12 p.m. FREE to Members, Nonmembers \$20 per visit (includes full access to the Pavilion)*

- To schedule a private court rental for your group, call 513 246 2647



Conference Room Rental Information for Special Events **Exclusive Member Discounts**

Planning a special gathering or private event? Our event spaces are perfect for family gatherings, birthday party celebrations, summer cookouts, baby showers, dinners and receptions, corporate meetings and webinars. Whether you're hosting a personal celebration or a professional event, we have flexible spaces to meet your needs. **Be sure to ask about our Member Referral Discount!**

- For rates, availability and other information, call 513 246 2647.

Fall 2026 Kids' Life Center

Register for all programs in the Member Portal or at the Front Desk



School's Out Day Camp— Ages 6 & up

Friday, October 9 &

Monday, October 26

9 a.m.–4 p.m.

Before-camp care, 7:30–9 a.m.

After-camp care, 4–6 p.m.

Members \$65,

Nonmembers \$78

Before/After Care additional

\$8 per child (payable at check-in)

Make their day off unforgettable! When school's out, the fun begins at our Day Camp led by the energetic Kids' Life Center Team. Kids ages 6 and up can dive into a full day of games, creative activities, and swimming adventures. A jam-packed day of play with pizza lunch and frozen treats.

- Bring a packed lunch (please, no peanuts), swim gear and a big smile.
- Spots fill fast— secure yours now.



Halloween Trick-or-Treat Trail & Pumpkin Splash Movie Finale

Costumes • Treats • Floating Pumpkins • Glow Swim • Halloween Movie

Friday, October 23

6–8 p.m.

Members \$10,

Nonmembers \$12

Children 3 & under FREE

Register in the Member Portal or with the receptionist by Thursday, October 22.

Grab your costume and swimsuit for a spooktacular night of family fun! Little goblins, ghosts, and superheroes ages 3+ will kick off the evening on our **Outdoor Trick-or-Treat Trail**, collecting treats, followed by bounce house fun, climbing wall, playing festive games, dancing to spooky tunes, and showing off their **best costumes** for a chance to win a prize. Light snacks included!

Then make a splash in our Warm Water Pool **Pumpkin Splash Finale**, featuring:

- Floating Pumpkin Patch
- Glow Swim
- Halloween Movie in the Pool
- Pool Games
- Pumpkin Decorating



Circuit Club for Kids— Ages 6–12

Ongoing

Ongoing program

A fun, coach-led 20-30 minute personalized workout with stations guaranteed to help kids focus, move, learn and build confidence! Skilled and trained instructors, offer a circuit of 6-10 strength and cardio exercises in a supportive environment. Session length increases over time based on age and progress, up to 45-60 minutes.

Benefits include: Builds cardio fitness and muscle strength, increases energy levels and coordination, boosts confidence and improves athletic performance in any sport.

- To schedule and purchase training, call LaShaunda Jones at 513 246 2647.

Single (1-on-1)Member \$18, Nonmember \$25
Buddy (bring a friend/sibling) ..Member \$30, Nonmember \$44
Quad (up to 4 participants)Member \$48, Nonmember \$76



Birthday Parties at the Pavilion

Parties are scheduled on

Fridays, 6–8 p.m. &

Saturdays, 1–3 p.m.

If you are looking for a place to hold your child's next birthday...check us out!

- We offer 4 packages: FUN, SUPER FUN, SPLASHIN & PALETTE PLAY!
- Easy as 1-2-3: Choose a package, discuss a theme with our Supervisor and your party is set!

To check for availability or for help planning your party, please call 513 246 2647.