December '26 Featured Events

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

30 years 1997-2027

TriHealth Fitness & Health Pavilion



December 1–30

Try a Trainer:
Take the first step toward reaching your health and fitness goals
Member Special $99

Curious about personal training but not sure how to begin? December is the perfect time to start! Try a Trainer and enjoy:

- A 30-minute one-on-one consultation
- Three 25-minute personal training sessions
- Degreed and certified personal trainers

Call Justin Thompson at 513 246 2646 to schedule your consult.



December 1–30

Intro to Pilates Reformer
Members $99

Ready to explore Pilates Reformer but not sure where to begin? Start strong with our Introductory Package of three one-on-one sessions with one of our certified Pilates Reformer instructors. Upon completion, you'll be ready to join our group classes with confidence.

- Call Shae Achauer at 513 246 2645 to schedule your first session today.

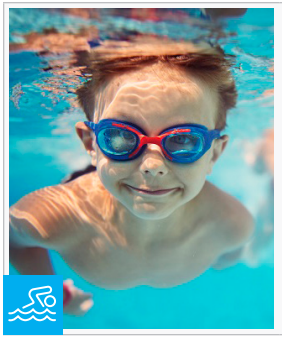


December 8–9

Holiday Spa Savings
Two days only!
Save 15%

Give the gift of wellness, or treat yourself!

- Enjoy 15% off all spa products. Choose from Skinceuticals and Eminence products.
- Save 15% on a Facelift Massage or Signature Facial. Schedule your appointment today and get holiday ready!



2027

Group & Adaptive Swim Lessons:
6-week Sessions

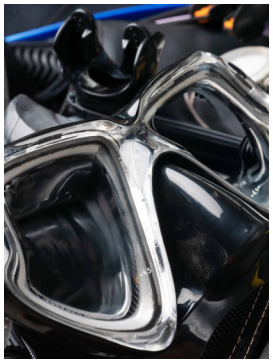
Session 1: Jan 11–Feb 20
Warm Water Pool
Members $100,
Nonmembers $125

Monday
6:30-7:15 p.m.–Adults
7:15 - 8:00 p.m.–Adults

Tuesday
6:30-7 p.m.–Adaptive

Thursday
6:30-7 p.m.– 3-5 yr olds
6:30-7 p.m.– 6-10 yr olds

Saturday
9-9:30 a.m.–6 mo-3 yrs
(parent/guardian will be in the water)
9:35-10:05 a.m.–3-5 yr olds
10:15-10:45 a.m.–6-10 yr olds
10:45-11:15 a.m.– 6 mo-3 yrs
(parent/guardian will be in the water)



December 13–March 13

Discover Scuba® Diving

Sunday, December 13
Saturday, January 16
Sunday, February 21
Saturday, March 13
5-6 p.m. and 6-7 p.

$70 per person

Interested in scuba diving, but unsure if you want to enroll in a full scuba certification class? Discover Scuba® Diving is the perfect way to test the waters in a pool environment. Under the supervision of a PADI professional from Scuba Unlimited, you will learn some basic diving concepts and scuba skills, plus have time to play underwater!

- Must be 10 years old or older
- Bring a swimsuit, towel, and a shirt to wear in the pool
- Scuba Unlimited provides all required equipment; feel free to bring your own mask, fins and snorkel if you prefer

December '26 Programs & Events

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TriHealth Fitness & Health Pavilion

Tuesday, December 22
Merry Moves and Grooves

Join Julie for a festive Holiday Dance Fit class filled with cheerful music, fun dance moves, and holiday energy. Come ready to move, smile, and celebrate the season!

10 a.m., Studio A

Free to Members

Thursday, December 24
Pop-Up Sleighride with Jen

Celebrate the holiday season with a festive pop-up spin class! Join us for a fun and energizing Sleighride that will keep you moving, climbing, and smiling all the way into the holidays.

9:30 a.m, Studio B

Free to Members

January 3–March 30
Swim for Fun Fitness Challenge:
"Swim 30 Miles down the Amalfi Coast, Italy"

Join us for this 30-mile swim down the Almafi Coast, Italy.

- **Mile 0**: Sorrento Start your journey here!
- **Mile 7**: Positano
- **Mile 15**: Amalfi
- **Mile 22**: Ravello
- **Mile 30**: Capri Make a strong finish here!

Buona fortuna!

Free to Members

January '27 Featured Events

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TriHealth Fitness & Health Pavilion



We are celebrating 30 years!

Pavilion 30th Anniversary

January 17, 2027



January 1-31

Free InBody Body Composition Analysis

Members only

Want to see what you are made of? The InBody 570 goes beyond traditional body composition analysis, measuring body fat mass, skeletal muscle mass and total body water, as well as what these measurements mean to you. Schedule your free InBody today!

- Sign up at the Fitness Desk or call 513 246 2640 to reserve your spot.



January 4–February 26

'Fresh Start': New Year 8-week Program

Monday–Thursday

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

Members only

Join our Fitness Coaches and jump into the new year with energy, confidence, and a renewed commitment to your health. Choose from our morning, afternoon, and evening sessions.

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



January 19–February 23

Floor to Feet: Strength & Mobility

Tuesdays, 12:30 p.m.

FREE to Members

Space is limited. Register early to reserve your spot!

Build the strength, mobility, and confidence you need to get down to the floor and back up again with greater ease. This 6-week program uses progressive exercises and hands-on techniques to help you move more safely and confidently.

Simple at-home exercises will reinforce what you learn in class and help you continue building strength between sessions.

Move with confidence. Maintain your independence. Stay active.



2027

Group & Adaptive Swim Lessons: 6-week Sessions

Session 1: Jan 11–Feb 20

Warm Water Pool

Members $100,

Nonmembers $125

Monday

6:30-7:15 p.m.–Adults

7:15 - 8:00 p.m.–Adults

Tuesday

6:30-7 p.m.–Adaptive

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6:30-7 p.m.– 3-5 yr olds

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9-9:30 a.m.–6 mo-3 yrs *(parent/guardian will be in the water)*

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December 13–March 13

Discover Scuba® Diving Sunday, December 13 Saturday, January 16 Sunday, February 21 Saturday, March 13

5-6 p.m. and 6-7 p.m.

$70 per person

Interested in scuba diving, but unsure if you want to enroll in a full scuba certification class? Discover Scuba® Diving is the perfect way to test the waters in a pool environment.

- Must be 10 years old or older,Bring a swimsuit, towel, and a shirt to wear in the pool. Scuba Unlimited provides all required equipment; feel free to bring your own mask, fins and snorkel if you prefer.

■ Aquatics ■ Fitness & Persoess ■ Healthy Lifestyles ■ Kids Life ■ Recreation ■ Spa and Integrative Health & Medicine

January '27 Programs & Events

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TriHealth Fitness & Health Pavilion

Friday, January 1
Pop Up Resolution Ride

Make any New Years resolutions? Kick off the New Year with a fresh start and a powerful ride! Join Jen for a high-energy Resolution Ride designed to help you reset, recharge, and start 2027 feeling strong.

8:30 a.m., Studio B

Free to Members

January 1-31
January Jumpstart Challenge

Try something new! Turn your resolutions into results and start the year stronger than ever! For every land and water group fitness class you attend, mark off that spot on the Bingo card. Get Bingo and win a chance for a prize.

Free to Members

Pick up a Bingo card in the group fitness studios or at the Lifeguard stand.

January 3–March 30
Swim for Fun Fitness Challenge:
"Swim 30 Miles down the Amalfi Coast, Italy"

Join us for this 30-mile swim down the Almafi Coast, Italy.

- **Mile 0**: Sorrento Start your journey here!
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- **Mile 15**: Amalfi
- **Mile 22**: Ravello
- **Mile 30**: Capri Make a strong finish here!

Buona fortuna!

Free to Members

Friday, January 8
Dive into Family Movie Night

Make a splash during a family movie night in the pool! Relax on a float, enjoy a family-friendly film, and create lasting memories together. Fun for all ages! Enjoy a light dinner, a great family friendly movie on the big screen and lots of memories.

6-8 p.m.

Members $8 /person, Nonmembers $12/person

Tuesday, January 19 & Thursday, January 21
Healthy Living Workshop:
Find Your Fitness Fit

Start the New Year by discovering new ways to move, feel stronger, and stay motivated! Join Certified Personal Trainer Lola Gutierez for an overview of the many fitness options available at the Pavilion and learn the unique benefits of each. You may just discover a new favorite way to get fit in the New Year!

Tuesday, January 19, 6 p.m.

Thursday, January 21, 2 p.m.

January Spa Special
Save $100 on Microblading

Get the new you for the New Year! Wake up this January with perfect eyebrows with our Microblading Special.

Special price, $400 (regularly $500)

Call 513 246 2636 to schedule.

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TriHealth Fitness & Health Pavilion

Pavilion 30th Anniversary | January 17, 2027



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5-6 p.m. and 6-7 p.m.

$70 per person

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- Must be 10 years old or older
- Bring a swimsuit, towel, and a shirt to wear in the pool
- Scuba Unlimited provides all required equipment; feel free to bring your own mask, fins and snorkel if you prefer



Wednesdays, February 3-24

Golf Fitness Training

4:45–5:45 p.m., Studio C
Members $80,
Nonmembers $100

Perfect your golf swing with our TPI Certified Instructor-led small group training. Tailored to enhance every aspect of your game, our sessions focus on conditioning exercises that improve balance for a stable stance, flexibility for a full range of motion, strength for powerful drives and speed for a swift swing.

- Questions? Call Justin Thompson at 513 246 2646.



Wednesdays, February 3-24

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!



Thursday, February 4

Healthy Living Workshop: Love Your Heart

12:30 p.m.

Give your heart some love this February!

Join Dietitian Christy Bahan to explore simple, practical nutrition and lifestyle choices that can help support a healthier heart.



February Special

Valentines Facial

$85

The Strawberry and Chocolate facial is a luxurious, results-focused spa treatment utilizing Eminence Organic Skin Care products—typically pairing an antioxidant-rich chocolate mousse or truffle mask with a hydrating, exfoliating strawberry rhubarb treatment.

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February '27 Programs & Events

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30 years
1997-2027

TriHealth Fitness & Health Pavilion

January 4–February 26
'Fresh Start': New Year 8-week Program

Join our Fitness Coaches and jump into the new year with energy, confidence, and a renewed commitment to your health. Choose from our morning, afternoon, and evening sessions.

Monday–Thursday, 6 a.m., 1 p.m., 6 p.m.

Members only
Class Package
8 sessions
16 sessions
24 sessions

February 15–19
Know Your Numbers: Complimentary Biometric Screening

Take 15 minutes to learn more about your health!
Join us for a free biometric assessment where we'll measure:

- Body fat percentage
- BMI
- Blood pressure
- Hand grip strength

Members only, complimentary

Sign up at the Fitness Desk or call 513 246 2640 to reserve your spot.

Friday, February 12
Valentine's Day Boot Camp

Celebrate the season of love—with a little sweat! Before the sweets and treats, join us for a heart-pumping workout designed to energize your body and lift your spirits. It's the perfect way to show yourself some love this Valentine's Day!

9:30 a.m.

FREE to Members

Mondays, February 1–March 30
Lifeguard Prep Class

Thinking about becoming a lifeguard? Get ready for certification success with our Lifeguard Preparation Course! This program is designed to help participants build swimming endurance, practice essential water skills, and gain confidence before enrolling in a lifeguard certification class. Perfect for teens and adults who want to assess their readiness, improve their skills, and learn what to expect from lifeguard training. Take the first step toward becoming a lifeguard and making a difference in your community!

4:30 p.m.

Members $55, Nonmembers $85

Winter '26 Kids' Life Center

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

30 years 1997-2027

TriHealth Fitness & Health Pavilion



Parents' Night Off– Ages 3 & up

Every Friday Night, December–February
4:30-7:30 p.m
Parents' Night Off will not be held on November 27, December 25, or January 1

Reserve your spot one week in advance for each Friday program—space is limited!

Parents, enjoy a fun-filled Friday evening while your kids make memories at the Friday Fun Zone! Each week features exciting activities, including arts and crafts and swimming. Enjoy Your Friday—we'll Handle the Fun!

- Please bring a small snack or dinner. Do not send peanut butter or nut products.

Members & TriHealth Team Members: First child $25, each additional child $10;
Nonmembers: First child $30, each additional child $10



Pajama Jammy Jam: Movie Night with Santa & His Elves

Friday, December 4
6-8 p.m.

Kids, come dressed in your FAV PJs and ready to party with Santa and the KLC team elves! Enjoy a festive movie, hot cocoa, bounce-house fun, and a cookie-decorating station where you can design a tasty treat to leave for Santa under your tree.

Members $8, Nonmembers, $10



MLK & 2-Day Presidents Day Schools Day Out Camp– Ages 6 & up

Monday, January 18,
Friday, February 12 &
Monday, February 15

9 a.m.–4 p.m.
Before-camp care, 7:30–9 a.m.
After-camp care, 4–6 p.m.

Spots fill fast—secure yours now!

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 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.

Members $65, Nonmembers $78
Before/After Care additional $8 per child (payable at check-in)



Mom's Night Out

Friday, February 26
6-8 p.m.

Register by Monday, February 22.

No kids. No dinner duty. Just an evening designed entirely for you. Gather with fellow moms for a chic night of conversation, connection, and well-deserved fun. Enjoy a charcuterie board cooking demonstration, relaxing chair massages, exclusive offerings from our beautiful spa and cosmetic center, and a delightful perfume-pairing experience. Plus, you'll have a chance to win our fabulous mom's swag bag!

- Need Childcare? Moms drop your kids off in the Kids' Life Center during the event.

Members $75, Nonmembers $85

Winter ‘26 Recreation

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

30 years
1997-2027

TriHealth
Fitness & Health Pavilion



Starting in December
Step, Groove & Socialize Line Dancing

Wednesdays, 6:30-7:30 p.m.

Love to dance? Come learn the latest line dances, get a great workout, and make new friends. Bring a friend and turn every week into a party! From soulful line dances to the classic Electric Slide, line dancing is alive and kicking at the Pavilion.

Early Bird Special: 8-week package, $54 when purchased by 12/30
Regular 8-week package: $64
Drop-in: $8 per class



Pickleball Clinic:
Have you ever participated in our clinics?

Tuesday, January 26
10-11:15 a.m. or 6-7:15 p.m.

If you have missed or never attended one of our clinics, here is your chance to join us. Come meet new friends, learn new techniques & use this opportunity to get all the answers to questions you may have regarding Pickleball.

Members & Nonmembers $20



Conference Room Rental Information for Special Events

Did you know members receive a special discount for rentals? Are you planning a special family gathering and/or need space for a private event? Think: Baby Showers, Dinners, Birthday Parties, Hosting a webinar or corporate event. Be sure to ask about our member referral discount.

- For more info, pricing, and availability, call 513 246 2647.

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