

March 2026 Featured Events

Register at the front desk or through the member portal.



Reds Opening Day Celebration

Thursday, March 26

Enjoy popcorn, hot dogs and other ballpark food as we celebrate our hometown team!





March 2–April 22
Golf Small Group Training
Members only:
 6 sessions, \$60
 8 sessions, \$80
 10 sessions, \$100
 12 sessions, \$120

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.





Tuesday, March 3
**Cooking Demo—
 “Whole Grains”**
 12:30 p.m.
*FREE to Members,
 Nonmembers \$10*

Mondays at 11 a.m. & Wednesdays at 4:30 p.m.

Whole grains are an excellent source of fiber, but did you know they are also packed with vitamins, minerals, and plant protein too? Join Kate Spitzer, RD, LD as she prepares delicious recipes to help boost nutrient intake.

- **RSVP by February 27 at the front desk.**





March 16–May 8
**‘Fresh Start’
 8-week Program**
Members only:
 16 sessions, \$149
 24 sessions, \$199

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.

Mondays & Wednesdays, 6 a.m., 12 p.m., and 6 p.m.
 Tuesdays & Thursdays, 12 p.m. and 6 p.m.





Friday, March 20
Family Fun Night
 5:30–7:30 p.m.
*\$8 per person
 \$36 for families of 5 or more*

Bring the whole crew for an evening packed with games, laughs, and a whole lotta water fun! Whether you’re splashing, floating, or teaming up for poolside activities, it’s the perfect way to make memories together.

Grab some friends and make it a night to remember!





**HydroFit Coaching
 (1:1 Aquatic Training)**
Session packages:

<i>Full session</i>	<i>Half session</i>
1.....\$65	1.....\$36
5.....\$300	5.....\$170
10.....\$580	10.....\$320

Your personalized, water based training experience. HydroFit blends resistance, buoyancy, and guided movement to build strength, improve mobility, and support joint friendly fitness. Perfect for beginners, seasoned exercisers, and anyone seeking low impact results.

Full session, 50 minutes each
 Half session, 25 minutes each

March 2026 Programs & Events

Register at the front desk or through the member portal.

March 1–31 Spring Into Action Group Fitness Challenge

A month long boost to shake off the winter chill and step into spring feeling stronger and more energized. Build consistency, try new classes, and head into the season, feeling your best.

Just show up and move!

- Attend any group fitness class
- Try a new class format
- Bring a friend
- Complete the weekly mini challenge
 - » **Week 1:** Attend 3 classes
 - » **Week 2:** Try one new format
 - » **Week 3:** Take 2 strength classes
 - » **Week 4:** Take 1 mind body class

Members only

March 15–April 4 March Madness

Embrace the spirit of March Madness by going head-to-head with other members in a bracket style friendly fitness competition. Participate in weekly exercise challenges to advance through the bracket.

- Registration will be open March 1-14. Register at the Front Desk or through the member portal.

FREE to Members

Tuesday, March 17 Free Trial—Pilates Reformer Demo Day

Discover the power of Pilates Reformer—low-impact, high reward training designed to build strength, flexibility, and mobility. Whether you're recovering from an injury or pushing peak performance, these joint-friendly workouts are for everyone. Try it for FREE with 15-minute demo sessions led by certified instructors. **Reservations are required.**

9 a.m.–4:30 p.m.

Members only, complimentary

Tuesday, March 17 & April 28 Relax & Float Night

Shake off the 'Winter Blues' with an evening designed just for you! Drift into calm with mellow music, warm water, soft lighting, and a few healthy treats to complete the vibe. Whether you're looking to unwind solo or chill with friends, this is the perfect mid week reset. Float, relax, breathe—your peaceful escape awaits.

6–8 p.m.

Members \$10, Nonmembers \$12

Wednesday, March 18 Healthy Living Workshop— "Fitness Myths Debunked"

Join the Pavilion Certified Athletic Trainers, Karen Sims and Tracy Littelmann as they discuss common myths about exercise and set the record straight.

12:30 p.m.

Saturday, March 21, April 18 & May 16 Refine Your Stroke – Swim Clinics

Join Martin Henderson, US Master Swimming Level 2 Certified Coach, for a dynamic swimming session designed to elevate your skills! With tailored drills and personalized tips, you'll boost your breath control, sharpen your stroke efficiency, and improve your body alignment for smoother, stronger performance in the water. Dive in, level up, and transform your swimming today!

9 a.m.

\$10 per session

Tuesday, March 31, April 21 & May 19 Sound Bath Meditation

Relax and restore with therapeutic vibrations in this multi-instrumental sound bath led by Certified Sound Therapist Jessica Kirschner, RYT®. Benefits may include improved sleep, reduced stress, and emotional healing. Be sure to bring:

- Thick yoga mat, pillow, blanket, water
- Comfortable, warm clothing
- Optional props (eye mask, bolster)
- Limited zero-gravity chairs available—request when registering

7 p.m.–8:15 p.m.

Members and Nonmembers \$35

Call 513 246 2636 or email Jessica_Kirschner@TriHealth.com

HydroFit: Small Group Training (2-6 people)

HydroFit Flow (Mobility & Recovery) – 50 minute session

A soothing warm-water session designed to improve flexibility, reduce stiffness, and promote overall joint health.

HydroFit Power (Strength & Conditioning) – 50 minute session

A higher-energy aquatic workout that uses water resistance to challenge strength, endurance, and stability.

HydroFit (Balance & Core) – 50 minute session

Focused on stability, core activation, and functional strength using dynamic water-based movements. Excellent for fall prevention, posture training, and overall body control.

Session Packages (prices per person)

5 sessions \$140 | 10 sessions \$260 | 20 sessions \$480

April 2026 Featured Events

Register at the front desk or through the member portal.
Center closed, Easter Sunday, April 5, 2026



Spring Open House & Free Guest Week

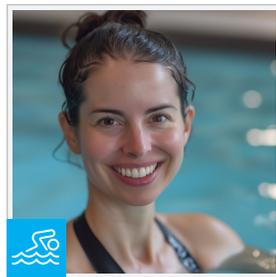
Bring a friend!
Sunday, April 12 – Saturday, April 18



April 1–30
26th Annual TriHealth Pavilion Triathlon
FREE to Members
\$10 for event t-shirt

This month-long event challenges you to complete the 3 legs of a triathlon.

Register March 9–April 6.



Saturday, April 18
Refine Your Stroke Clinic
9 a.m.
\$10 per session

Join Martin Henderson, US Master Swimming Level 2 Certified Coach, for a dynamic swimming session designed to elevate your skills! With tailored drills and personalized tips, you'll boost your breath control, sharpen your stroke efficiency, and improve your body alignment for smoother, stronger performance in the water.

Dive in, level up, and transform your swimming today!



Saturday, April 25
World Tai Chi Day
10–11:30 a.m.
Sports Arena
FREE to Members & Nonmembers

You are invited to join the TriHealth Fitness & Health Pavilion in hosting World Tai Chi Day. Come observe the beauty of Tai Chi! Join Our Tai Chi class, along with other local Tai Chi groups, who will be showcasing traditional Tai Chi movements. This event is open to the community.



Tuesday, April 28
Healthy Living Workshop—“The New Pyramid”
12:30 p.m.

The new dietary guidelines have been published, and our dietitians are here to help make sense of it all. Join Kate Spitzer, RD, LD as she reviews the guidelines and discusses some important considerations that are missing from the inverted pyramid.



2026 Group & Adaptive Swim Lessons
Spring Session:
April 6–May 16
Members \$105, Nonmembers \$120

Summer Session 1:
June 1–27
Members \$70, Nonmembers \$80

Monday
5-5:30 p.m.— ages 3-5
5:35-6:20 p.m.—ages 6-10
6:30-7 p.m.—6 mos. to 3 yrs.
(parent/guardian will be in the water)
7:05-7:50 p.m.—Adults

Thursday
5-5:30 p.m.—ages 3-5
5:35-6:20 p.m.—ages 6-10
6:25-7:10 p.m.—ages 8-13
(stroke development)

Saturday
9-9:30 a.m.—6 mos to 3 yrs
9:35-10:05 a.m.—ages 3-5
10:15-11 a.m.—ages 6-7
11:05-11:50 a.m.—ages 8-10

Adaptive Swim Lessons
Tuesday, 6:30 p.m.
Geared towards individuals with cognitive, developmental and neurological challenges. Focused learning environment that moves at each students' pace.

April 2026 Programs & Events

Register at the front desk or through the member portal.



Wednesday, April 15 Cooking Demonstration— "Breakfast: A great way to fuel your day!"

Join Christy Bahan, RD as she prepares healthy, tasty, yet easy breakfast ideas.

12:30–1:30 p.m.

FREE to Members, Nonmembers, \$10

RSVP by April 10 at the Front Desk.



Friday, April 17 Family Fun Night

Bring the whole crew for an evening packed with games, laughs, and a whole lotta water fun! Whether you're splashing, floating, or teaming up for poolside activities, it's the perfect way to make memories together. Grab some friends and make it a night to remember!

5:30–7:30 p.m.

\$8 per person, \$36 for families of 5 or more



Saturday, April 18 & May 16 Refine Your Stroke – Swim Clinics

Join Martin Henderson, US Master Swimming Level 2 Certified Coach, for a dynamic swimming session designed to elevate your skills! With tailored drills and personalized tips, you'll boost your breath control, sharpen your stroke efficiency, and improve your body alignment for smoother, stronger performance in the water. Dive in, level up, and transform your swimming today!

9 a.m.

\$10 per session



Tuesday, April 21 & May 19 Sound Bath Meditation

Relax and restore with therapeutic vibrations in this multi-instrumental sound bath led by Certified Sound Therapist Jessica Kirschner, RYT®. Benefits may include improved sleep, reduced stress, and emotional healing. Be sure to bring:

- Thick yoga mat, pillow, blanket, water
- Comfortable, warm clothing
- Optional props (eye mask, bolster)
- Limited zero-gravity chairs available—request when registering

7 p.m.–8:15 p.m.

Members and Nonmembers \$35

Call 513 246 2636 or email Jessica_Kirschner@TriHealth.com



Tuesday, April 28 Relax & Float Night

Shake off the Winter Blues with an evening designed just for you! Drift into calm with mellow music, warm water, soft lighting, and a few healthy treats to complete the vibe. Whether you're looking to unwind solo or chill with friends, this is the perfect mid week reset. Float, relax, breathe—your peaceful escape awaits.

6–8 p.m.

Members \$10, Nonmembers \$12

May 2026 Featured Events

Register at the front desk or through the member portal.

Outdoor pool opens Memorial Day weekend, Saturday, May 23



Tuesday, May 12
Free Trial
Pilates Reformer
Demo Day
 9 a.m.–4:30 p.m.
Members only, complimentary

Discover the power of Pilates Reformer—low-impact, high reward training designed to build strength, flexibility, and mobility. Whether you're recovering from an injury or pushing peak performance, these joint-friendly workouts are for everyone. Try it for FREE with 15-minute demo sessions led by Certified instructors. **Reservations are required.**



Saturday, May 16
Refine Your
Stroke Clinic
 9 a.m.
\$10 per session

Join Martin Henderson, US Master Swimming Level 2 Certified Coach, for a dynamic swimming session designed to elevate your skills! With tailored drills and personalized tips, you'll boost your breath control, sharpen your stroke efficiency, and improve your body alignment for smoother, stronger performance in the water.

Dive in, level up, and transform your swimming today!



Saturday, May 23
Family Fun Day
 12–2 p.m.
\$8 per person
\$36 for families of 5 or more

Bring the whole crew for an afternoon packed with games, laughs, and a whole lotta water fun! Whether you're splashing, floating, or teaming up for poolside activities, it's the perfect way to make memories together.

Grab some friends and make it a day to remember!



May Special:
Enjoy 10% Off
Titleist Golf Movement
Screening & Training –
Play Your Best Golf!
 Ongoing registration
Members \$199,
Nonmembers \$249

TPI Movement training is used to assess your current movement capabilities and identify physical limitations that are holding you back from playing your best golf. Correct muscle imbalances and improve strength and mobility to drive the ball farther.

- Includes three trainings: TPI Movement Screen, plus two 50-minute exercise instruction sessions & a personalized home program.
- Register with Justin Thompson at 513 246 2646.



2026
Group & Adaptive
Swim Lessons
Summer Session 1:
 June 1–27
Members \$70,
Nonmembers \$80

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 the 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
 6:25-7:10 p.m.—8-13 yr olds
(stroke development)

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

Adaptive Swim Lessons
Tuesday, 6:30 p.m.

Geared towards individuals with cognitive, developmental and neurological challenges. Focused learning environment that moves at each students' pace.

May 2026 Programs & Events

Register at the front desk or through the member portal.



Wednesday, May 6

Cooking Demonstration— "Salad In a Jar - Fresh, Fast & Fun!"

Perfect for easy grab and go meals! Discover simple layering techniques to keep ingredients crisp, explore flavor-packed combinations, and pick up tips from Parul Kothari, RDN, LD on meal prepping for busy weeks. Get inspired to eat well, save time, and enjoy delicious freshness in every jar.

12:30–1:30 p.m.

FREE to Members, Nonmembers, \$10



May 9–10

Mother's Day Special

Treat your mom by joining a group fitness class together. Whether it's barre, yoga, or weightlifting, sweating it out side by side adds a fun twist to your Mother's Day celebrations. We invite our members to bring their mothers and special mother figures in for a FREE One-day guest pass on Saturday or Sunday of Mother's Day weekend.



Saturday, May 16

Refine Your Stroke – Swim Clinics

Join Martin Henderson, US Master Swimming Level 2 Certified Coach, for a dynamic swimming session designed to elevate your skills! With tailored drills and personalized tips, you'll boost your breath control, sharpen your stroke efficiency, and improve your body alignment for smoother, stronger performance in the water. Dive in, level up, and transform your swimming today!

9 a.m.

\$10 per session



Tuesday, May 19

Healthy Living Workshop— "Gut Health"

Join Kate Spitzer, RD, LD as she reviews dietary and lifestyle strategies to support a healthy gut, as well as general nutrition interventions for common digestive woes.

12:30 p.m.



Tuesday, May 19

Sound Bath Meditation

Relax and restore with therapeutic vibrations in this multi-instrumental sound bath led by Certified Sound Therapist Jessica Kirschner, RYT®. Benefits may include improved sleep, reduced stress, and emotional healing. Be sure to bring:

- Thick yoga mat, pillow, blanket, water
- Comfortable, warm clothing
- Optional props (eye mask, bolster)
- Limited zero-gravity chairs available—request when registering

7 p.m.-8:15 p.m.

Members and Nonmembers \$35

Call 513 246 2636 or email Jessica_Kirschner@TriHealth.com

Spring 2026 Kids Life & Recreation

Register at the front desk or through the member portal.



Laffalot Spring Break Camp
 March 16–20,
 9 a.m.–4 p.m.
 Before-camp care, 7:30–9 a.m.
 After-camp care, 4–6 p.m.
Register by March 23.

Multi-Game Camp for boys and girls ages 5 & up. The Laffalot team will keep your child active ALL day.

- Campers go swimming daily (lifeguard & camp counselor supervised).
- Pack a bag lunch (no peanuts, please).

Single Day \$40 | Any 3 Days \$105 | 5 Days \$155
Before/After Care additional \$8 each child/day | All Week \$20



Friday Night Fun Zone: Easter Egg Hop!
 Friday, March 27,
 4:30–7:30 p.m.
Register by March 24.
***Chocolate bunnies for the first 15 children to register!**

Parents can enjoy a night out & the kids will live it up with games, egg decoration, beautiful basket creations & more. All supplies will be provided.

Members & Nonmembers \$25
Each additional child \$10



School's Out Day Camp—Ages 6 & up
 Friday, April 3,
 9 a.m.–4 p.m.
 Before-camp care, 7:30–9 a.m.
 After-camp care, 4–6 p.m.

Turn a day off into a day to remember! When school's out, the fun kicks into high gear with our Kids' Life Center Team leading a full day of games & creative activities, swimming adventures, pizza lunch & frozen treats. Bring a packed lunch (no peanuts, please) and swim gear.

Members \$45, Nonmembers \$55
Before/After Care additional \$8 per child (payable at check-in)



New!
Tiny Hawk Meet & Greet with Skyhawks
 Saturday, May 16,
 10 a.m.–12 p.m.
Enter a raffle for prizes!

Tiny Hawk Camp by Skyhawks offers instructional baseball, soccer, and other fun activities that build balance, coordination, fitness, and teamwork. Meet the Skyhawks team—parents can learn more and register while kids play!

Earlybird Discount

Pavilion Members &

TriHealth Team Members	Nonmembers
<i>First child.....\$99</i>	<i>First child.....\$125</i>
<i>2nd child.....15% off</i>	<i>2nd child.....10% off</i>
<i>3rd child.....15% off</i>	<i>3rd child.....15% off</i>

or ANY Member/Nonmember single registration 10% off

Camp dates:
 June 8-12 & July 13-17
 10–11 a.m.....3-3½ year olds
 11 a.m.–12 p.m....4-5 year olds



2026 Summer Camps at the Pavilion
Early Bird Special
now until April 30!

This summer, bring your kids out to the TriHealth Fitness & Health Pavilion for active fun and play. We'll keep your kids active all summer with camps of all kinds, from cooking to multi-sports for kids ages 5-14. Swim time also included each day.

For more information, visit:
TriHealth.com/TriHealthPavilion > Kids > Youth Camps & Programs



Spring 2026 Kids Life & Recreation

Register at the front desk or through the member portal.



NEW! Circuit Club for Kids— Ages 6-12

Circuit club is a personalized 20–30-minute workout with stations guaranteed to keep your child focused, engaged & learning new fun movement skills. With a skilled & trained instructor, your child will move through a “circuit” of 6-10 strength and cardio exercises. Depending on child’s age, the personalized workout will increase over time to up to 45-60 minutes. The benefits of Circuit Club include:

- Builds cardiovascular fitness and muscular strength while keeping things fun
- Increases energy levels so kids feel good all day long
- Builds confidence
- Improves athletic performance in any sport

Choose between Single (1-on-1), Buddy (bring a friend or sibling) or Quad (up to 4 in a group) training sessions.

Single SessionMember \$18, Nonmember \$25

Buddy SessionMember \$30, Nonmember \$44

Quad SessionMember \$48, Nonmember \$76

- For more information or to schedule training sessions and purchase packages, call LaShaunda Jones at 513 246 2647.



Join Our Basketball Community Email List!

Calling all basketball players! Stay informed about special events, changes to the sports arena calendar and communicate with other players on meet-up times. Just provide the front desk receptionist with your name, email address and phone number. Let’s Go!

Members & Nonmembers are welcome to join this group.



Pick-Up Basketball

Tuesdays & Thursdays,
5:30–8 p.m.

Saturdays & Sundays,
10 a.m.–12 p.m.

FREE to Members

Nonmembers \$20 per visit (includes full access to the Pavilion)



Recreational Punch Pass

Purchase at the front desk and passes will be placed on your account. Use your punch pass for open basketball and pickleball visits only.

10 visits for \$100



Conference Room Rental for Your Special Event

Special Member discount

Looking for the perfect space to host your next gathering? Make your next event memorable—book your space today! Whether you’re planning a family celebration or a professional event, our conference rooms offer a flexible and welcoming environment for: dinner and birthday parties, baby showers, webinars, summer cookouts & corporate events. **Ask about our member referral discount.**

- For pricing and availability, call 513 246 2647.