

Winter – December '24, January & February '25

Pavilion Programs and Special Events

Register as noted or online at TriHealth.com/FitnessPavilion | 513 985 0900

Be seen. Be heard. Be healed.™

Special Events

- 2025 "Fresh Start" Fitness Challenge Open House

The 'Fresh Start' Fitness Challenge is an 8-week program running from Monday, January 13 to Friday, March 7. Our degreed and certified fitness coaches will guide participants through evidence-based weight loss circuit-style classes. Choosing from three different tiers allows for varied levels of investment and success.

Info sessions and Open House

Monday, December 16, 6 – 6:30 p.m.

Wednesday, January 8, 6 – 6:30 p.m.

Registration not required!

- Float in Movie Night

Fun night of floating, glow sticks, crafts, pizza, cookies and...the Polar Express! Bring your family and friends!

Saturday, December 14, 5 – 8 p.m.

Members/Nonmembers, \$8 per person or \$36 for a family of 4 or more.

Register at the front desk by December 12.



- Save the Date! Women's Health Event

Saturday, March 8

Fitness & Personal Training

December 2024

Winter Steps Challenge

Keep moving this winter and join the winter long steps challenge. Beginning December 1 pick from the 500,000, 750,000 or 1 million step challenge and get yourself moving!

December 1, 2024 – February 28, 2025

Members only, FREE

Tracking forms are available at the Fitness Desk starting December 1.

12 Days of Wellness

Keep up with your exercise routine throughout the holidays. Complete 12 days of wellness activities in the Month of December for a chance to win a prize.

December 1– 31, 2024

Members only, FREE

Challenge cards are available at the Fitness Desk beginning December 1.

January 2025

Flying Pig Support

Want to participate in Cincinnati's Flying Pig weekend, but not sure where or how to start training? Training programs available from 5k to full marathon.

Start January 14 and finish May 2, 3 & 4, at the Flying Pig Weekend!

Tuesdays, 5:30 p.m. & Saturdays, 8 a.m.

Members \$150, Nonmembers \$200

February 2025

Know Your Numbers

Register for a complimentary fitness assessment that will identify your current strength, cardiovascular, flexibility and biometric scores.

February 9 - 14

Members only, FREE

Sign Up at Fitness Desk

Group Fitness

December 2024

Pilates Demo Day

Pilates Reformer training is a low-impact workout with high rewards.

You will become fit and flexible through joint-friendly lengthening and strengthening exercises. From a person rehabbing an injury to an advanced athlete, these workouts are for everyone. Join us for FREE 15 minute increment Pilates Reformer Demo Sessions and experience it yourself!

Max Participants – 6 members.

15 min increment sessions:

December 6, 7:30 – 8:30 a.m., 11:30 a.m. – 12:30 pm & 2 – 3 p.m.

Register at the Front Desk.

Ugly Holiday Sweater Week

Wear your ugliest Holiday Sweater to any group fitness class the week of December 15 – 22.

January 2025

New Year New Class Challenge

The "New Year New Class Challenge" is a challenge to see who can get the most group class visits in the month of January. This challenge will help you stick to your new year goals and let you try out different group classes.

January 1 – 31, 2025

Pick up a tracking sheet at the front desk. Return sheet by January 31

Sparkle and Sweat Zumba Class/Party

Come celebrate the New Year by getting those endorphins pumping with a celebratory Zumba Class and a party right after. There will be snacks and sparkling beverages for everyone to enjoy!

January 3, 10 a.m., Outside Studio A

February 2025

Valentine's Day Bootcamp

This Valentines Day, why not show yourself some love by joining our Valentines Day Bootcamp. Before indulging in those delicious sweets get your body moving and feeling good with a workout class to celebrate the month of love!

Friday, February 14, 9:30 a.m.

Cycling Challenge

Ride at least 175 miles throughout the month to receive bronze, 200 for silver or go for gold with 250. Any cycling class on the spin bike counts.

February 1– 28

Pick up a tracking sheet at the front desk. Return sheet by February 28.



TriHealth
Fitness & Health Pavilion

Aquatics

Group Swim Lessons

Swim lessons for individuals ages 6-months through adults

Session 1: January 6-February 15, 2025

Session 2: February 24 – April 5, 2025

Session 3: April 14-May 24, 2025

Members \$84, Nonmembers \$96

10% discount for all TriHealth Team Members

Swim Lesson Class Descriptions

Vaquita Whales – Ages 6 mo to 3 years

Parent/child class working on water acclimation, safety, blowing bubbles, floating. Held in warm water pool for up to 9 children. 30-minutes.

Baluga Whales – Ages 3 to 5 years

Basic water safety, acclimation, stroke development, floating. Held in the warm water pool with up to 6 children. 30-minutes.

Humpback Whales – Ages 6 to 10 years

Basic water safety, stroke development including front crawl, back stroke, breast stroke, floating, sit dives. Held in both warm water and lap pool with up to 8 children. 45-minutes.

New Class! Whale Sharks – Ages 11 to 14 years

Focusing on stroke development, endurance, sit dives, water polo and swim team preparation. Held in the lap pool with up to 8 children. 45-minutes.

Adults – Ages 15 and up

Stroke development, floating, water safety, treading. Up to 8 adults held in warm water pool. 45-minutes.

Monday

5 – 5:30 p.m.

Beluga Whales; Warm Water Pool

5:35 – 6:20 p.m.

Humpback Whales; Lap Pool

6:30 – 7 p.m.

Vaquita Whales; Warm Water Pool

7 – 7:45 p.m.

Adults; Warm Water Pool

Wednesday

6:30 – 7:15 p.m.

Whale Sharks

7:15 – 8 p.m.

Adults

Saturday

9 – 9:30 a.m.

Vaquita Whales; Warm Water Pool

9:35 – 10:15 a.m.

Whale Sharks; Warm Water Pool

10:15 – 10:45 a.m.

Beluga Whales; Warm Water Pool

11 – 11:45 a.m.

Humpback Whales; Warm Water Pool

Private & Semi-Private Lessons - Limited Space

We are proud to offer private and semi-private lessons for our Pavilion members. These lessons are solely focused on you or your child's specific needs. Packages must be purchased prior to the first day of the session. Private lessons are offered to Pavilion members only. Space is limited.

Pavilion Member Packages:

Private: 5 lessons for \$140, 10 lessons for \$270, 20 lessons for \$525

Semi-Private: 5 lessons for \$93, 10 lessons for \$180, 20 lessons for \$350

Adaptive Swim Lessons

Geared towards people with cognitive, developmental, and neurological challenges. Including but not limited to: Autism Spectrum Disorder, ADHD, Cerebral Palsy, Down Syndrome, Visual, Hearing or Speech Impairments, Learning Disabilities. Our instructors have specialized training for this individual and provide a focused learning environment that moves at their pace

Tuesdays, 6:35pm; January 7-28, 2025 & February 4-25, 2025

Members \$84, Nonmembers \$94

10% discount for all TriHealth Team Members

Swim Lake Tahoe – Winter Swim Challenge

Join us for 6-weeks as we swim/water workout our way the length of Lake Tahoe; 22 miles to be exact. Miles and workouts tracked at the lifeguard stand. Register by January 31.

Aquatic Performance Training

Have you been looking for one-on-one training in the pool that is not focused on swimming strokes? Work with one of our AEA certified instructors and use the benefits of working out in the water to help you reach your fitness goals! Whether you are wanting to focus on muscular strength, cardiovascular endurance, flexibility, core work or overall wellness...the water is the place to tackle it.

December 2024

It's a Water Wonderland

Join the aquatics team for a night of water crafts, pool time, learning synchronized swimming, water polo, and more fun. Ages 8-12 years

Wednesday, December 11, 6 – 7:30 p.m.

Members \$20, Nonmembers \$30

Registration deadline December 8.

Aquatics Holiday Luncheon

Join your aquatics team for a meal to celebrate all the wonderful times we had together in 2024. We will provide the main dish and all table service. Please bring an appetizer, side dish or dessert to share with the group.

December 6, 11:30 a.m. – 1:30 p.m. and 5:30– 7 p.m., Conference Rooms \$5 per person.

Register at the front desk by December 3, 2024.

PADI Discover SCUBA

Discover SCUBA diving is the perfect way to test the waters. In a very short time, you'll learn basic scuba skills and take your first breaths underwater. Halie Rebecaschild, M.A. PADI Mermaid and Scuba instructor will be leading the course. Medical questionnaire is required. Ages 11 and up.

December 7, 2024, January 11 & January 25, 2025; 2:30– 5 p.m.

\$125 per person

Register at www.adventuremermaid.live

PADI Discover Mermaid - Ages 11 and up

The Discover Mermaid™ experience introduces simple mermaid activities in a shallow pool. It is designed as a flexible, informative, enjoyable and controlled experience centered on letting you discover what it is like to mermaid dive. Halie Rebecaschild, M.A. PADI Mermaid and Scuba instructor will be leading the course. Medical questionnaire is required.

December 14, 2024 & January 18, 2025; 2:30 – 5 p.m.

\$125 per person

Register at www.adventuremermaid.live

January 2025

Master Swim Team

Join Lead Lifeguard and Master Swim Team coach for an informative meeting about a TriHealth Pavilion Master Swim Team. We will discuss practice times, requirements, possible meets (not required). All levels of swimmers welcome.

January 15, 2025, 6 p.m.

Register at the front desk.

Float in Movie Night: Live Action – Little Mermaid Special Event

Join us for a fun night for the family in the warm water pool. Watch a movie, eat some pizza, popcorn and a sweet treat. There will be some special friends joining us for the movie! Bring your friends too!

January 17, 2025, 5:30 p.m.– 8 p.m.

Members/Nonmembers, \$8 per person or \$32 for a family of 4 or more.

Register at the front desk by January 14, 2025

February 2025

Float in Movie Night: 'Descendants – Rise of Red'

Join us for a fun night for the family in the warm water pool. Watch a movie, eat some pizza, popcorn and a sweet treat. Bring your friends too!

February 21, 2025, 5:30 p.m. – 8 p.m.

Members/Nonmembers, \$8 per person or \$32 for a family of 4 or more.

Register at the front desk by February 18, 2025

Healthy Lifestyles

January 2025

Cooking Demo: Immunity Boosting Foods

Interested in recipes that can help boost immunity? You are invited to observe Registered Dietitian, Christy Bahan prepare recipes geared to give your immune system a boost.

Wednesday, January 22, 12:30 – 1:30 p.m., Conference Room A

FREE to Members, Nonmembers \$10

Registration deadline, January 17.

Healthy Living Workshop: Take Care of Your Immune System

Is it possible to "boost" your immune system with diet and exercise? Come learn ways to support yourself through cold and flu season with Registered Dietitian Kate Spitzer and Certified Athletic Trainer Karen Sims.

Monday, January 27, 6:30 – 7:30 p.m.

February 2025

Cooking Demo: Heart Healthy Breakfasts

Heart healthy eating doesn't have to be bland. Join Registered Dietitian Kate Spitzer as she prepares delicious foods that feed a healthy heart.

Wednesday, February 12, 12:30 – 1:30 p.m.

FREE to Members, Nonmembers \$10

Registration deadline, February 7.

Healthy Living Workshop: Heart Health

February is heart health month. Join Registered Dietitian, Christy Bahan and Certified Athletic Trainer Karen Sims for a discussion on promoting ways to keep your heart healthy and decrease risk of cardiovascular disease.

Wednesday, February 19, 6:30 p.m.

Kids' Life Center

December 2024

Pancakes with Santa: Holiday Kids' Cooking Demo

Come join us as we teach little ones how to make holiday pancakes with our special guest, Santa! Kids will get to decorate and eat pancakes with our special guest. After the demo, kids can enjoy active play in the Jr. Gym & photos with Santa! Reservation Required. Limited Spaces. Ages 4 and up.

Saturday, December 14, 11:00 a.m. – 1:00 p.m.

FREE to Members, Nonmembers \$10;

each additional child in the same family \$5

Registration deadline, December 12

6-Day Winter Break Camp: Ninja Warrior Bootcamp

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

December 20, 27, 30-31 & January 2-3

(No Camp Dec. 24-26, Jan. 1 & weekends)

Single day \$35; any 4 days \$100; 3 days \$90; all 6 days \$125

Half-day hours, Full-day hours, 9 a.m. – 4 p.m.

Extended-day hours, 7:30 a.m. – 6 p.m.

January 2025

Pavilion Before/Afterschool Community Enrichment Program (PACE)

This enrichment program is ideal for parents and children ages 5-12 who need early morning before school care and/or afternoon drop off after school care. Your child will engage in an environment that provides educational support: a homework area, recreational activities, and programs, and interaction with children their own age. Parents can arrange for bus pickup & drop-off access point through their schools. PACE access point for buses is easy to access, safe and a PACE childcare attendant will be there to retrieve children..

PACE runs September through May and offers the following incentives:

- Cots for sleep time during early morning drop-off.
- Before & After Snack during drop-off
- Access to the KLC amenities (games, arts & crafts; homework area; & gym time with bounce house
- Fun & Fit Extracurricular classes that rotate every 6 weeks.

Check out our next six session offered January-February:

- Zumba for Kids – Thursdays, January 16-February 20, 5-6 p.m.
- Kids in the Kitchen – Tuesdays, January 16-February 20, 5-6 p.m.

Visit TriHealth.com/FitnessPavilion for more info and pricing.

February 2025

Summer Camp Kickoff 2025

It's a celebration...Early summer camp registration begins this month! Come meet the camp organizations, see "What's New" this Summer, take advantage of our Early Bird Special & register your child for any of our great camps beginning in May. Enter a raffle to win our grand prize giveaway (FREE Child Birthday Party – value \$175).

Saturday, February 1, 10 a.m. – 12 p.m.

FREE to Members and Nonmembers

Friday Night Fun Zone: Kids' Juice & Paint-Valentine's Day Edition

This event is our kids' version of the adult 'Sip & Paint'. Bring your child for a night of artistic fun with a guided art experience. While the paintings dry, the children will enjoy active play in the Kids' Junior Gym. Canvas, brushes, juice & light pre-packaged refreshments are included. Notify our team of any allergies prior to event.

Friday, February 14, 4:30 – 7:30 p.m.

Member first child \$30, Nonmember first child \$40; each additional child \$15

Registration deadline, February 7

Recreation

Monthly Social Recreation Calendar COMEBACK!

During the winter months, we look for more indoor activities and want more opportunities to meet & engage with other Pavilion Members. That's why our Monthly Social Recreation Calendar is making a COMEBACK for January & February 2025!

Let's Meetup Wednesday

Walking Club, 10 a.m. on the Outdoor Track (Indoor Track if inclement weather) or Open Pickleball in the Sports Arena

Calling All Ping Pong Players

Do you love Pickleball but don't feel you are quite ready to play the sport? We recently purchased a brand-new ping pong table (located outside of the Sports Arena). Beginner & Advanced paddles/ balls are available and located at the front desk for checkout.

January 2025

Intro to Fencing: 6-Week Program

Participants will learn the fundamentals of fencing in this introduction program. Topics include history, the background of fencing, weapons of fencing, safety, proper stance, footwork, strategy and tactics. This program will provide easy and safe techniques in a teambuilding atmosphere. All participants should wear comfortable clothing & gym shoes. Ages 14 & up
Wednesdays, January 22 to February 26, 4:30 – 5:30 p.m. or 5:30– 6:30 p.m.
Members \$55, Nonmembers \$60

Spa and Integrative Health & Medicine

December 2024 & January 2025

Microblading Special

\$100 off, regularly \$500 now \$400

New! Eyelash Extensions

\$90

December through February

FREE Dermaplane with HydroMicrodermabrasion \$60

Gift Cards Available!

January & February 2025

Sound Bath Meditations Sessions

Tuesday, January 14, 7 – 8:15 p.m.

Tuesday, February 11, 7 – 8:15 p.m.

Tuesday, March 11, 7 – 8:15 p.m.

Conference Room A & B

Members/Nonmembers \$35

To register call 513 246 2636

'Love Yourself' Open House

Cosmetic Surgery and Integrative Health

Thursday, February 13, 2025, 6-8 p.m.

Swag bag to the first 75 attendees

All products that night purchased in person will receive 20% off

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? Celebrate baby showers, dinners, birthday parties, hosting a webinar or corporate event. If you are interested & need more info on pricing, call 513 246 2647. Ask about our member referral discount.



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