

December 2025 Featured Events

Your 'Fresh Start' for the New Year! Morning & Evening sessions

Jump into the new year with energy, confidence, and a renewed commitment to your health. 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 & 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. Make this season your strongest yet!

8-week program, January 12–March 7, 2026

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

Tuesdays & Thursdays, 12 p.m. and 6 p.m.

Members only:

16 sessions \$149 | 24 sessions \$199 | 32 sessions \$249



December Special Offer Try a Trainer *Members \$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 and three 25-minute personal training sessions, all with our degreed and certified personal trainers.

- Schedule your consult with Justin Thompson, Personal Training Coordinator at 513 246 2646



December Special Offer 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. After completing these, you'll be ready to join our group classes with confidence.

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



Saturday, December 13 Waffles with Santa: Holiday Kids' Cooking Demo—Ages 4 & up 11 a.m.—1 p.m. *FREE to Members, Nonmembers \$10, Each additional child in the same family \$5*

Kick off the season with a sweet and spirited morning of cooking, play, and holiday cheer! Kids will learn to make holiday pancakes, decorate and enjoy waffles with Santa, play in the Jr. Gym. Snap photos with Santa!

- Limited space — reservations required by December 11.



Winter 2026 Group Swim Lessons

Session 1:

January 5–February 14

Session 2:

February 23–March 28

Members \$105,

Nonmembers \$120

10% discount to team members

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

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

Thursday

5-5:30 p.m.—3-5 yr olds

5:35-6:20 p.m.—6-10 yr olds

NEW CLASS

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

December 2025 Programs & Events



December 1–February 23 Facebook Video Series: Winter Wellness Workouts

Get ready for a season of movement, motivation, and total body wellness! With new videos on Monday of each week, we'll share effective exercises to keep you active and energized all winter long. Follow along, stay inspired, and make this winter your healthiest yet! Monthly highlights:

- **December:** Explore our new strength training machines
- **January:** Discover your perfect cardio routine
- **February:** Boost your fitness motivation



December 1–31 Holiday Group Fitness Class Challenge

Celebrate the season with movement and motivation! Each day in December reveals a new fitness challenge from our Holiday Calendar—a fun and festive way to stay active, accountable, and energized all month long. It's like a daily workout surprise to keep your holidays healthy!

Members only

Pick up your calendar at the front desk.



Monday, December 8 Adult Recreation: Canvas, Cocoa & Cookies

Get cozy and creative this holiday season with a guided painting session led by an Abrakadoodle Instructor.

1–3 p.m.

Members \$35, Nonmembers \$45



Saturday, December 13– Thursday, December 24 Winter Waves: 12 Days of Holiday Swim Fun

Make a splash this season with 12 days of holiday-themed swim workouts that blend fitness, fun, and festive cheer! Each day brings a new aquatic adventure—from Snowflake Sprints to Reindeer Relays—with music, decorations, and creative challenges for swimmers of all ages.

- Dive into the spirit with workouts like Candy Cane Cardio, Silent Night Swim and more surprises to keep you moving
- Wear your favorite holiday swimwear
- Enjoy a sweet treat after completing each day's challenge
- Celebrate the season—one splash at a time!



Saturday December 13, January 17 & February 21 Refine Your Stroke – Swim Clinics

Take your swimming to the next level with monthly stroke clinics led by Coach Martin! Each session includes targeted drills, personalized feedback, and expert tips to help you swim more efficiently—whether you're training for competition or just want to improve your technique.

9 a.m.

\$10 per session



December 15–19 Ugly Holiday Sweater Week: Group Fitness Edition

Bring the holiday cheer—and your most outrageous holiday sweater to any group fitness class. Spread some serious cheer while you sweat.



January 5–March 28 Adaptive Swim Lessons Session 1: January 5–February 14 Session 2: February 23–March 28

This personalized swim instruction is designed for individuals with cognitive, developmental, and neurological differences.

Our certified instructors provide a supportive, one-on-one learning environment tailored to each swimmer's pace and needs. These lessons are ideal for individuals with:

Autism Spectrum Disorder, ADHD, Cerebral Palsy, Down Syndrome, Visual, Hearing or Speech Impairments and Learning Disabilities. Empowering every swimmer—one stroke at a time.

Tuesdays, 6:30 p.m.

Members \$105, Nonmembers \$120

10% discount to team members.

Your 'Fresh Start' for the New Year! Morning & Evening sessions

Jump into the new year with energy, confidence, and a renewed commitment to your health. 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 & 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. Make this season your strongest yet!

8-week program, January 12–March 7, 2026

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

Tuesdays & Thursdays, 12 p.m. and 6 p.m.

Members only:

16 sessions \$149 | 24 sessions \$199 | 32 sessions \$249



Wednesday, January 7
Special Session—LesMills
BodyPump & Shapes
5 p.m. Body Pump
6 p.m. Shapes
FREE to Members,
Nonmembers \$25 Guest Pass

LES MILLS

Ready to feel strong and sculpted? Don't miss your chance to try two dynamic group fitness classes with Shanna! Experience energy. Feel the results..



Beginning January 9
ABS Aqua Combat®
Class 9
10:30 a.m.
Lap Pool

Dive into a workout where water resistance meets the power of kickboxing and MMA! Make waves while building muscle! This explosive aqua cardio class delivers:

- Core-focused training
- Improved coordination
- Strength & endurance
- High-intensity fun, low-impact on joints



Saturday, January 10,
Earlybird Registration:
2026 Summer Camp
Kickoff Event
10 a.m.–12 p.m.
FREE to Members &
Nonmembers

Let the countdown to summer begin! Join us for a 1-day celebration as we launch early registration for our exciting lineup of summer camps beginning in May. Discover what's new, meet the team, and lock in your child's spot with our Early Bird Special! Enter our raffles and enjoy playtime in the Kids' Life Center. Come early, register early, and get ready for a summer full of fun!



January 12–March 7
Mondays & Wednesdays,
Morning and evening sessions!
6a.m., 12 p.m. and 6 p.m.
Tuesdays & Thursdays,
12 p.m. and 6 p.m.
'Fresh Start'
8-week Program
Members only, \$149

Jump into the new year with energy, confidence, and a renewed commitment to your health. 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.

- Sign up at the front desk or through the member portal.

January 2026 Programs & Events



January 5–February 23 Facebook Video Series: Winter Wellness Workouts

Get ready for a season of movement, motivation, and total body wellness! With new videos on Monday of each week, we'll share effective exercises to keep you active and energized all winter long. Follow along, stay inspired, and make this winter your healthiest yet! Monthly highlights:

- January: Discover your perfect cardio routine
- February: Boost your fitness motivation



January 5–March 28 Adaptive Swim Lessons Session 1: January 5–February 14 Session 2: February 23–March 28

This personalized swim instruction is designed for individuals with cognitive, developmental, and neurological differences. Our certified instructors provide a supportive, one-on-one learning environment tailored to each swimmer's pace and needs. These lessons are ideal for individuals with: Autism Spectrum Disorder, ADHD, Cerebral Palsy, Down Syndrome, Visual, Hearing or Speech Impairments and Learning Disabilities. Empowering every swimmer—one stroke at a time.

Tuesdays, 6:30 p.m.

Members \$105, Nonmembers \$120

10% discount to team members.



Tuesday, January 6 Mindful Float & Relaxation Night

Recharge your body and mind after the holiday rush and float into the new year feeling calm and refreshed. Join us for a peaceful evening of mellow music, refreshing mocktails and gentle floating in our warm water pool.

7–9 p.m.

Members \$10, Nonmembers \$15

Register by January 5 at the front desk.



January 11 – March 21 Annual Swim Challenge: Swim Across the Great Salt Lake

This winter, take on the ultimate aquatic adventure—a 28-mile swim challenge inspired by the iconic Great Salt Lake in Utah! Track your progress in the pool as you work toward completing the full distance over 10 weeks. Whether you're swimming for fun, fitness, or bragging rights, this challenge is a splash-worthy way to stay motivated.

Members only

Register at the Front Desk.



Thursday, January 15 Healthy Living Workshop— "Resolution Evolution"

Please join Registered Dietitian Christy Bahan for a discussion on how we can turn New Years Resolutions into automatic habits. This will include guidance on how one decides the best health goals to work on.

12:30 p.m.



Saturday, January 17 & February 21 Refine Your Stroke—Swim Clinics

Take your swimming to the next level with monthly stroke clinics led by Coach Martin! Each session includes targeted drills, personalized feedback, and expert tips to help you swim more efficiently—whether you're training for competition or just want to improve your technique.

9 a.m.

\$10 per session



Monday, January 19 Cooking Demonstration— "Happy New Year!"

12:30–1:30 p.m.

FREE to Members, Nonmembers, \$10

RSVP by January 14 at the Front Desk.



Tuesday January 20 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 required.

9 a.m.–4:30 p.m.

Members only, complimentary

Sign up at the front desk or through the member portal.



Thursday, January 30 Family Fun Glow-In Night

Light up the pool with laughter, games, and glowing excitement! Come for an evening packed with water games & obstacle course, glow sticks & inflatable fun. Pizza & snacks included.

5:30–7:30 p.m.

\$8 per person, \$32 for families of 4 or more

February 2026 Featured Events



Tuesday, February 3
Healthy Living Workshop—"Lowering Cardiovascular Risk"
12:30 p.m.

Did you know heart disease is the leading cause of death for both men and women? Come learn lifestyle strategies to reduce your risk from Registered Dietitian, Kate Spitzer. She will cover ways to lower LDL, blood pressure and more.



Friday, February 6
Parents Night Out/ Friday Night Fun Zone: Kids' Juice & Paint—Valentine's Day Edition
4:30–7:30 p.m.
Members \$30 (first child), Nonmembers \$40 (first child), Each additional child \$15

A creative twist on the classic 'Sip & Paint'—just for kids! Give yourself a night off while your kids enjoy creativity, play, and Valentine's fun! Drop off your little artists for a heart-filled evening of guided painting fun, juice & pre-packaged snacks and play in the Kids' Junior Gym while artwork dries. All supplies (canvas, brushes, and plenty of Valentine's cheer!) provided. Please notify staff of any allergies in advance.

- Registration deadline February 4.



Tuesday, February 10
Pickleball Mini-Tourney for Couples: For the Love of Pickleball
10–11:15 a.m. & 6–7:15 p.m.

Bring your spouse, best friend, or sibling and join us for a couple's edition pickleball mini tournament.



Wednesday, February 11
Cooking Demo—"Spicy Olive"
12:30–1:30 p.m.
FREE to Members, Nonmembers \$10

Please join Melanie Cedargren, owner of Spicy Olive to try tasty samples and to learn about the benefits of cooking with olive oil and flavored vinegars.

- RSVP by February 6 at the Front Desk.



Friday, February 13
Valentine's Day Boot Camp
9:30 a.m.
FREE to Members, Nonmembers \$25 guest pass

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!



February 16–20
Know Your Numbers: Complimentary Biometric Screening
Members only, complimentary

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 and hand grip strength.

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

February 2026 Programs & Events



February 2–February 23 Facebook Video Series: Winter Wellness Workouts

Get ready for a season of movement, motivation, and total body wellness! With new videos on Monday of each week, we'll share effective exercises to keep you active and energized all winter long. Follow along, stay inspired, and make this winter your healthiest yet! Monthly highlights:

- February: Boost your fitness motivation



Thursday, February 20 Float-In Movie Night: Inside Out 2

Make a splash with family fun and warm water vibes! Join us in the pool for a cozy movie night as we follow Riley's journey into teendom in Inside Out 2. Float, relax, and enjoy the show—plus:

- Pizza & snacks
- Fun crafts for kids
- Warm water pool fun for all ages!

6–8 p.m.

\$8 per person, \$32 for families of 4 or more

Register by February 18.



Saturday, February 21 Refine Your Stroke–Swim Clinic

Take your swimming to the next level with monthly stroke clinics led by Coach Martin! Each session includes targeted drills, personalized feedback, and expert tips to help you swim more efficiently—whether you're training for competition or just want to improve your technique.

9 a.m.

\$10 per session



February 23–March 28 Group Swim Lessons: Session 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

NEW CLASS

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

Members \$105, Nonmembers \$120

10% discount to team members.



February 23–March 28 Adaptive Swim Lessons: Session 2

This personalized swim instruction is designed for individuals with cognitive, developmental, and neurological differences.

Our certified instructors provide a supportive, one-on-one learning environment tailored to each swimmer's pace and needs. These lessons are ideal for individuals with:

Autism Spectrum Disorder, ADHD, Cerebral Palsy, Down Syndrome, Visual, Hearing or Speech Impairments and Learning Disabilities. Empowering every swimmer—one stroke at a time.

Tuesdays, 6:30 p.m.

Members \$105, Nonmembers \$120

10% discount to team members.



Waffles with Santa: Holiday Kids' Cooking Demo—Ages 4 & up

Saturday, December 13,
11 a.m.–1 p.m.

**Limited space — reservations
required by December 11.**

Kick off the season with a sweet and spirited morning of cooking, play, and holiday cheer! Kids will learn to make holiday pancakes, decorate and enjoy waffles with Santa, play in the Jr. Gym. Snap photos with Santa!

*FREE to Members,
Nonmembers \$10,
Each additional child in the same family \$5*



3-Day Winter Break Camp Camp Crazyfood: Holiday Treats

December 19, 22 & 23,
9 a.m.–4 p.m.
Before-camp care, 7:30–9 a.m.
After-camp care, 4–6 p.m.

Get ready for a wild mix of cooking and fun! Kids will dive into the holiday spirit by creating festive, tasty recipes through hands-on activities, playing crazy active games that keep the energy high and exploring food in a fun, group setting that sparks creativity.

*Single Day\$40
Any 3 Days\$105
All 6 Days.....\$150 (Includes both 3-Day Crazyfood &
3-Day Jr. Ninja Warrior Camps)*



3-Day Winter Break Camp Jr. Ninja Warrior Bootcamp

December 29 & 30 and January 2,
9 a.m.–4 p.m.
Before-camp care, 7:30–9 a.m.
After-camp care, 4–6 p.m.

Let your child unleash their 'inner ninja' this winter break with James Wilson, American Ninja Warrior contestant! Kids will build strength, agility and confidence through circuit stations, team-building games, skill-based challenges and tons of fun & movement!

*Single Day\$40
Any 3 Days\$105
All 6 Days.....\$150 (Includes both 3-Day Crazyfood &
3-Day Jr. Ninja Warrior Camps)*



Earlybird Registration: 2026 Summer Camp Kickoff Event

Saturday, January 10,
10 a.m.–12 p.m.

Let the countdown to summer begin! Join us for a 1-day celebration as we launch early registration for our exciting lineup of summer camps beginning in May. Discover what's new, meet the team, and lock in your child's spot with our Early Bird Special! Enter our raffles and enjoy playtime in the Kids' Life Center. Come early, register early, and get ready for a summer full of fun!

FREE to Members & Nonmembers



Let's Get Fit: Boot Camp for Kids— Ages 8–12

Orientation & Personal Review:
Saturday, January 24 (20 min)
Boot Camp Sessions:
Saturdays, January 31–March 7
11 a.m.–12:30 p.m.
Registration deadline January 2.

Empower your child to move, grow, and thrive! This fun and engaging program is designed for kids ages 8–12 and led by trained, certified instructors who specialize in youth fitness.

- Skill-building activities for all fitness levels
- Fun competitions & team challenges
- Positive encouragement & new friendships
- Progress tracking to measure improvement

*Members \$75, Nonmembers \$85
Refer another child and receive 10% off!*



Parents Night Out/ Friday Night Fun Zone: Kids' Juice & Paint— Valentine's Day Edition

Friday, February 6,
4:30–7:30 p.m.

Registration deadline February 4.

A creative twist on the classic 'Sip & Paint'—just for kids! Give yourself a night off while your kids enjoy creativity, play, and Valentine's fun! Drop off your little artists for a heart-filled evening of guided painting fun, juice & pre-packaged snacks and play in the Kids' Junior Gym while artwork dries. All supplies (canvas, brushes, and plenty of Valentine's cheer!) provided. Please notify staff of any allergies in advance.

**Members \$30 (first child), Nonmembers \$40 (first child),
Each additional child \$15**



School's Out Day Camp—Ages 6 & up

Friday, February 13,
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)



Shine Basketball Personal Coaching & Training—Train Like a Star!

Session Options:
30-minute private sessions
1-hour private sessions
1-hour, 2-person group sessions

Elevate your game with elite-level instruction! Led by Alex Meacham, former UC Bearcat and President of Shining Star Sports, this program offers top-tier basketball coaching for players ready to improve their skills and confidence on the court. Train with Alex and his skilled team of professional trainers dedicated to helping athletes shine. Take the next step in your basketball journey!

- Call LaShaunda Jones, 513 246 2647 to schedule your session



Monthly Adult Winter Social Activities

Warm up your winter with fun, friendship, and creative indoor experiences! Join fellow Pavilion Members for these engaging monthly socials—perfect for meeting new people or enjoying time with friends.



Canvas, Cocoa & Cookies

Monday, December 8,
1–3 p.m.

Get cozy and creative this holiday season with a guided painting session led by an Abrakadoodle Instructor.

Members \$35, Nonmembers \$45

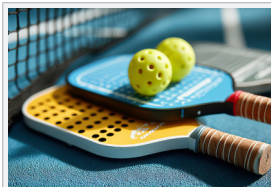


A Night with POUR: Candle Making Experience

Friday, January 9,
6–8 p.m.

Enjoy a hands-on, one-of-a-kind candle making event—perfect for a night out with friends or a unique date night.

Members \$35, Nonmembers \$45



Pickleball Mini-Tourney for Couples: For the Love of Pickleball

Tuesday, February 10,
10–11:15 a.m. & 6–7:15 p.m.

Bring your spouse, best friend, or sibling and join us for a couple's edition pickleball mini tournament.

Members \$35, Nonmembers \$45



Pick-Up Basketball & Coordination

Tuesdays & Thursdays,
5:30–8 p.m.
Saturdays & Sundays,
10 a.m.–12 p.m.

Join our email list at the front desk and never miss a beat—stay informed about upcoming special events, arena schedules, and easily coordinate meet-up times with the team.



Join Our Pickleball Community Email List!

Stay in the loop with all things Pickleball—clinics, events, and exciting updates from our fast-growing community. Whether you're a seasoned player or just getting started, don't miss out on the latest Pickleball happenings!

- To receive notifications, send your email address to
lashaunda_jones@TriHealth.com



Conference Room Rental for Your Special Event

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. **Members receive exclusive rental discounts.**

- For pricing and availability, call 513 246 2647.