

Summer 2024 – June, July & August

Pavilion Programs and Special Events

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



Be seen. Be heard. Be healed.™

2024 Outdoor Pool Opening Day

Saturday, May 25, 10 a.m. – 4:45 p.m.
Sunday, May 26, 10 a.m. – 4:45 p.m.
Monday, May 27 (Memorial Day), 10 a.m. – 3:45 p.m.

Summer Pool Hours

Monday – Friday, 11 a.m. – 7 p.m.
Saturday & Sunday, 10 a.m. – 4:45 p.m.

Holiday Hours: Independence Day,
Thursday, July 4, 2024; 7 a.m. – 4 p.m.
Outdoor Pool open July 4, 11 a.m. – 3:45 p.m.

Aquatics

Group Swim Lessons

Summer Session 1: June 3 – 24, 2024
Summer Session 2: July 8 – August 1, 2024

Mondays

6:30 – 7 p.m. Aquababies (6 months-3 years)
7:05 – 7:50 p.m. Adults

*Members \$52 per session, Nonmembers \$76 per session
TriHealth Team Members and Campers receive a 10% discount on lessons.*

Mini Swim Camps

30-minute classes held Monday, Tuesday, Wednesday, and Thursday weekly. You will attend ALL 4-DAYS. A new session begins each week on Monday. Classes are held in the morning and evening for your convenience and both preschool and school age will be in lessons at the same time!



10:30 a.m. Preschool (3-5 years) & School Age (6-12 years)
6 p.m. Preschool (3-5 years) & School Age (6-12 years)

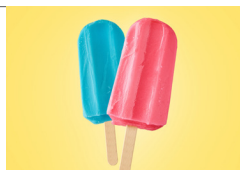
*Members \$52 per session, Nonmembers \$76 per session
TriHealth Team Members and Campers receive a 10% discount on lessons.*

Session 1: June 3 – 6
Session 2: June 10 – 13
Session 3: June 17 – 20
Session 4: June 24 – 27
HOLIDAY BREAK WEEK: July 1 – 5
Session 5: July 8 – 11
Session 6: July 15 – 18
Session 7: July 22 – 25
Session 8: July 29 – August 1
Session 9: August 5 – 8

Fun Fridays in the Pool

Join us at the outdoor pool each Friday this summer for free popsicles, stickers, games and more.

Complimentary for our members and their guests!



July

Skin Cancer Awareness Day

Join us on Wednesday, July 17 for a free Dermascan of your skin, free sample of sunscreen and important information on taking care of our largest organ!
Dermascan available from 9 a.m. – 6 p.m.
Enjoy 25% off any sunscreen product this day only



Pavilion Olympics 2024

Join us the week of July 22 for our own version of the Olympics. Collect medals in all areas of the Pavilion to win our big prizes.



Fitness & Personal Training

Step into Summer Challenge

Start your summer on the right foot and join us for our Summer long steps challenge. Beginning June 1 pick from 500,000, 750,000 or 1 million steps to work towards this summer.
June 1 – August 31
Members only, FREE
Tracking forms are available at the fitness desk.



June

Small Group Personal Training

Come join Myles every Tuesday and Thursday for a 25-minute small group personal training class.
Tuesdays & Thursdays, June 4 – 27, 7 p.m.
Members only, \$140/5 sessions
Sign-up for classes up to seven days in advance through the online Member Portal or at the Front Desk.

July

Summer Hydration Challenge

Stay hydrated this summer with the Pavilion Hydration Challenge. Set your daily goal and track your water intake for the month. Participants will be entered into a raffle prize drawing.
July 1– 31
Members only, FREE
Challenge Cards are available at Fitness Desk.



August

Know Your Numbers

Register for a complimentary fitness assessment that will identify your current strength, cardiovascular, flexibility and biometric scores.
Monday, August 5 & Tuesday, August 6
Members only, FREE
Sign up at the Fitness Desk.



Group Fitness

June

World Yoga Day

Join Stacy on the front lawn in celebration of World Yoga Day.
Friday, June 21, 9 a.m.
Members only, FREE



July

Summer Solstices (Sun Yoga Flow)

Enjoy the sunshine with Stacy every Friday in July, as she teaches Sun Yoga Flow on the front lawn.
Fridays, July 5 – 26, 1:30 p.m.
Members only, FREE

August

Passport to Group Fitness

Collect as many stamps from different countries (15 different classes) as possible. To earn a stamp, you must take a class representing each country. Stamps will be collected in your passport booklet provided.

August 1 – 31
Members only, FREE

Passports available in studios or at the lifeguard station.



Healthy Lifestyles

June

Healthy Living Workshop: Modifications for Safe & Effective Exercise

As we age, many of us present with new medical issues. With any diagnosis, there are some simple modifications that you can make to your workouts to make them safer and more effective. Join Karen Sims, MS, ATC to learn how to adjust your workout when dealing with osteoarthritis, osteoporosis, diabetes and more.

June 19, 12:30 p.m., Conference Room B

Cooking Demo: 'Not Your Average' 4th of July Cookout

Come join Pavilion member, Fred Sims as he shares some grilling tips and recipes to freshen up your Fourth of July cookout.
June 26, 12:30 p.m., Conference Room A
FREE to Members, Nonmembers \$10



July

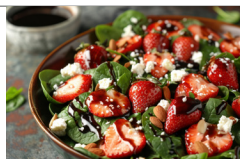
Healthy Living Workshop: Proper Hydration

Proper hydration is vital to our health, but do you know what counts toward your fluid goals or how much you should be drinking? Are you curious about the pros/cons of different types of beverages? Come learn all about beverages from registered dietitian, Kate Spitzer.
Wednesday, July 10, 12:30 p.m., Conference Room B



Cooking Demo: 'Not Your Average' Salad

Join registered dietitian, Christy Bahan as she shows us some ways to bring creativity to a simple salad.
Wednesday, July 17, 12:30 p.m.
Conference Room A
Registration deadline, July 12
FREE to Members, Nonmembers \$10



August

Healthy Living Workshop: The Science of Sound

What is sound therapy and how can it help you enhance your sleep, reduce stress and anxiety, and support emotional healing? Join this exciting workshop and experience how the sounds and vibrations of a sound bath meditation can support your overall health and well-being.
Wednesday, August 14, 12:30 p.m.

Cooking Demo: 'Not Your Average' Snacks

Looking to change up your snack selections? Join registered dietitian, Kate Spitzer, as she prepares delicious and nutrient dense snacks to help keep your energy up and hunger at bay.
Wednesday, August 28, 12:30 p.m., Conference Room A
FREE to Members, Nonmembers \$10



Spa and Integrative Health & Medicine

June

Be 'Beach Body' Ready!

Book our sensitive skin waxing services and enjoy a complimentary Dermaplane with Hydramicrodermabrasion (\$60 savings)

July

Protect your Skin

Don't forget your sunscreen while on your Summer vacation or at holiday pool parties.
Enjoy 15% off of all sunscreen products this month.
July 17 ONLY: In honor of 'Skin Cancer Awareness Day' get 25% off any sunscreen product in the Spa after your Dermaplan service.



August

Get 'Back to School' Ready!

Book Keith's Eminence Sculpting Facial Massage and enjoy a complimentary Eminence skincare mystery product. This special massage technique improves the appearance of your facial skin by stimulating the underlying layers of skin and soft tissue. Circulation draws blood to the surface, encouraging healing and muscle toning. Surface wrinkles become less visible and slows the formation of new lines.

'Sound Bath' Meditation

Release stress, focus your mind, and cultivate inner peace through the therapeutic vibrations and sounds of our multi-instrumental group sound bath meditation class.
Tuesday, August 20, 7 – 8:15 p.m., Conference Room A/B
Members/Nonmembers \$35
To register call 513 246 2636



TriHealth
Fitness & Health Pavilion

TriHealth.com/FitnessPavilion

Be seen. Be heard. Be healed.™