

# Spring 2025 – March, April & May

## Pavilion Programs and Special Events

Register as noted or online at [TriHealth.com/FitnessPavilion](https://TriHealth.com/FitnessPavilion) | 513 985 0900

Be seen. Be heard. Be healed.™

### NEW!

## LES MILLS BODYPUMP

Members can bring in one free guest to try this class.

Join us for a total body strength workout that will shape and tone all your major muscle groups. The ideal workout for anyone looking to get lean, toned and fit – fast. The class uses light to moderate hand weights with high repetition.

Monday, March 17 & Wednesday, March 19, 5 p.m.

REGISTRATION REQUIRED. FREE to Members and one guest



## Fitness & Personal Training

### March

### March Madness Fitness Challenge

Embrace the spirit of March Madness with our friendly fitness competition! Participate in weekly exercise challenges, advance through the bracket, and compete for exciting prizes.

March 16 – April 4

FREE to Members

Register at the Fitness Desk by March 12

### April

### Golf Small Group Training

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. Session includes 5 classes.

Every Wednesday in April, 4:30– 5:20 p.m., Studio C

Members \$150, NonMembers \$200

### 25th Annual TriHealth Pavilion Triathlon

Take part in our month-long Triathlon event and push your limits by completing all three parts of a triathlon.

April 1 – 30

FREE to Members

Sign up at the Fitness Desk March 9- April 5

### May

### Spring Rush - Revitalize Your Workout Routine!

End your spring on a high note by mixing up your workout routine. Complete all 16 squares on your workout card by the end of the month!

May 1 – May 31

FREE to Members

Collect your workout card at the Fitness Desk.

## Group Fitness

### March

### 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! Sign up and receive 10% off the intro Pilates Package.

March 25 & 27, times may vary

FREE to Members

Sign up at the stair landing in the atrium.

### April

### World Tai Chi Day

You are invited to join the TriHealth Fitness & Health Pavilion in hosting World Tai Chi Day. 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. Come observe the beauty of Tai Chi.

April 26, 10 – 11:30 a.m., Sports Arena

FREE to Members and Nonmembers

### International Dance Day

Celebrate International dance day by joining instructor Julie for a Dance Fit class, a workout designed to be like a dance party. Even though this exercise is based around dancing, you do not have to be a good dancer to participate. Your body will thank you for just getting up and moving! .

April 29, 10 a.m., Studio A

FREE to Members

### May

### Mother's Day Group Class Workout

Bring your mother or special mother figure for a complimentary one-day pass on Mother's Day weekend. Treat her to a special workout experience 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.

May 10 – 11 (Mother's Day weekend)

FREE to Members and one guest

### 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! Sign up and receive 10% off the intro Pilates Package.

May 20 & 22, times may vary

FREE to Members

Sign up at the stair landing in the atrium.

## Aquatics

### Group Swim Lessons

Members \$84, Nonmembers \$96

10% discount for all TriHealth Team Members

### Session 3: April 14-May 24

#### Monday

5 – 5:30 p.m. Beluga Whales (ages 3-5); Warm Water Pool  
5:35 – 6:20 p.m. Humpback Whales (ages 6-10); Lap Pool  
6:30 – 7 p.m. Vaquita Whales (6 mo to 3 yrs); Warm Water Pool  
7 – 7:45 p.m. Adults; Warm Water Pool

#### Wednesday

6:30 – 7:15 p.m. Whale Sharks (ages 11-14)  
7:15 – 8 p.m. Adults

#### Saturday

9 – 9:30 a.m. Vaquita Whales (6 mo to 3 yrs); Warm Water Pool  
9:35 – 10:15 a.m. Whale Sharks (ages 11-14); Warm Water Pool  
10:15 – 10:45 a.m. Beluga Whales (ages 3-5); Warm Water Pool  
11 – 11:45 a.m. Humpback Whales (ages 6-10); Warm Water Pool

### Summer Session

June 2-5 ; June 9-12; June 16-19, June 23-27

#### Monday-Thursday (weekly lessons)

10:15 – 11 a.m. Beluga Whales (ages 3-5)  
Humpback Whales (ages 6-10) &  
Whale Sharks (ages 11-14)  
6 – 6:45 p.m. Beluga Whales (ages 3-5)  
Humpback Whales (ages 6-10) &  
Whale Sharks (ages 11-14)

#### Monday only

6:30 p.m. Vaquita Whales (6 mo to 3 yrs)  
7 p.m. Adults

### 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, 6:30 p.m.; March 4-25, April 8-29 & May 6-27**

**Members \$84, Nonmembers \$94**

10% discount for all TriHealth Team Members

### Master Swim

Looking for a structured swim program for adults ages 18+ or another way to stay active in the pool? Join our Master Swim team. These workouts are for all swimmers of any ability and interest, from recreational swimmers to triathletes in training.

**Tuesdays & Thursdays, 6 – 7 a.m.; Mondays & Wednesdays, 7 – 8 p.m.**

**Members \$30/month, Nonmembers \$45/month (2-month max participation for Nonmembers; membership required thereafter)**

### Lifeguard Certification Prep Course

Need to brush up on your skills for your lifeguard recertification test? Hope to get your certification before summer but a little worried about the pre-test? Join us for weekly training to help get you in swim shape and sharpen your guard skills.

**Mondays, February 24 – March 31, 6 p.m.**

**Members \$75, Nonmembers \$125**

## Outdoor Pool Opening weekend! May 24-26

### Memorial Day Party

Monday, May 26, 11 a.m. – 2 p.m.

### Summer Outdoor Pool Hours

Monday – Friday, 11 a.m. – 7 p.m.

Saturday & Sunday, 11 a.m. – 3:45 p.m.

## Healthy Lifestyles

### March

### Cooking Demo + Healthy Living Workshop: Fiber

Despite numerous health benefits, the average American only consumes half of the daily recommended intake of fiber. Join Registered Dietitian Kate Spitzer while she prepares fiber filled recipes and learn more about how fiber supports our health.

**March 5, 12:30 – 2:30 p.m., Conference Room A**

**FREE to Members, Nonmembers \$10**

Register at the front desk by February 28.

### April

### Cooking Demo: Spring Veggies

Many Americans fall short when consuming vegetables and fruits. Spring is a great time to find lots of options for seasonal produce. Join Registered Dietitian Christy Bahan to hear about quick, easy ways to enjoy tasty produce.

**April 2, 12:30 p.m., Conference Room A**

**FREE to Members, Nonmembers \$10**

Register at the front desk by March 28.

### Healthy Living Workshop: Mindful Stress Management - Tools for Relaxation and Balance

April is Stress Awareness Month. Join Certified Health and Wellness Coach Jessica Kirschner to learn practical, evidence-based techniques to reduce stress, improve mental clarity and support overall well-being. The session will include a mini 'sound therapy' experience designed to promote relaxation and balance.

**April 9, 12:30 p.m., Conference Room B**

## Kids' Life Center

### Music Together

Music Together is an interactive early childhood music and movement program for infants, toddlers & preschoolers—and the grownups who love them (parents, grandparents & caregivers) to develop their innate musicality through interactive songs, beautiful lullabies, and catchy rhythms. Registration also includes recordings to play on-the-go, a colorful illustrated family songbook, and resources with bonus music-making ideas to try at home. Free informational class, Tuesday, February 11, 11 – 11:30 a.m. or 11:30 a.m. – 12 p.m.

**March 25 – May 13 (8-week session)**

**Members \$155 per child, Nonmembers \$175 per child**

**Early Bird Special Purchase through March 1, Members \$120,**

**Nonmembers \$140**

### 2025 Summer Camps at the Pavilion

**Keep Your Kids Active All Summer!** Bring your kids to the TriHealth Fitness & Health Pavilion for a summer full of fun and activity. Our camps offer a variety of experiences, from cooking to multi-sports, designed for school-age children. Daily swim time is included.

**Early Bird Special through April 30**

**To learn more and register, visit [Trihealth.com/TrihealthPavilion](https://Trihealth.com/TrihealthPavilion) > Kids > Youth Camps & Programs**

### March

### Laffalot Spring Break Camp

Join our multi-game camp for boys and girls ages 5 and up. The Laffalot team will keep your child active all day with a variety of games and activities. Campers will also enjoy daily swimming, supervised by lifeguards and camp counselors. Please pack a bag lunch (no nut products).

**Monday-Friday, March 17 – 21, 9 a.m. – 4 p.m.**

**Single day, \$40; Any 3 days, \$105; All 5 days, \$155**

**Extended hours (before-camp, 7:30 – 9 a.m. & after-camp, 4 – 6 p.m.)**

**\$8 per day or \$20 for the week**

April

### Friday Night Fun Zone: Easter Egg & Basket Decorating Workshop

Parents, enjoy a night out while your kids get creative with Easter egg and basket decorating. All supplies will be provided, and the first 15 children to register will receive a chocolate bunny! We will end the event with an Easter Egg Hunt.

Friday, April 18, 4:30 – 7:30 p.m.

Members first child \$20, Nonmembers first child \$25; each additional child \$5

Registration deadline, March 20

May

### Friday Night Fun Zone: Give Mom A Night OFF

Give mom a relaxing evening while the kids have a blast and celebrate Mother's Day with a night off for Mom! In honor of Mother's Day, we're giving moms a well-deserved break. Bring the kids to us for an evening of active play, organized games, and arts & crafts. Please pack a snack and/or dinner (no nut products). Ages 3 and up.

Friday, May 9, 4:30 – 7:30 p.m.

FREE to Members, Nonmembers \$25 1st child & 2nd child \$10, each additional child \$5

## Recreation

### Recreational Punch Pass

Use your punch pass for open basketball & pickleball visits only!  
10 visits for \$100

### Calling all Basketball Players

Visit the front desk and join our Basketball Community list by providing your name, email and phone number! Both members and nonmembers can join this group. Stay up to date on any special events, changes to the sports arena schedule, and communicate with other basketball players about meet-up times.

### 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)

March

### Beginner Pickleball Clinic – Complimentary to Members!

Meet new friends, learn new techniques, and get all your Pickleball questions answered.

Monday, March 10, 12:30 – 1:45 p.m. and 6 – 7:15 p.m.

Nonmembers \$20

### Music Therapy

Adding Alternative Comfort Care for individuals dealing/coping with pain management and/or neurologic care through Music Therapy. Through 30-to-60-minute sessions, the music therapist will work on goals and objectives developed from the music therapy assessment. Free informational class, Monday, February 17th and Thursday, February 20th, 10:30 – 11:30 a.m.

March 3 – April 21 (8-week session)

Members \$200, Nonmembers \$220

Early Bird Special through February 24, Members \$175, Nonmembers \$195

## Spa and Integrative Health & Medicine

Request an appointment at [TriHealth.com/FitnessPavilion/Spa](https://www.trihealth.com/FitnessPavilion/Spa), call 513 246 2636 or visit us on the third floor.

March

### Destress with a Deep Tissue Massage

Visit TriHealth Integrative Health on the third floor for a 60-minute massage.  
\$90

April

### Acupuncture for Allergies

Allergy season is upon us, Acupuncture can help relieve sinus pressure and the symptoms of seasonal allergies.

\$85

May

### Protect Your Skin this Season

Join us for a special talk on skincare practices and the importance of sunscreen.

May 7, 6 – 7 p.m.

### 15% off any skincare product in May

### Your Special Events held here!

Are you planning a special family gathering or need space for a private event? Our conference rooms are perfect for baby showers, dinners, birthday parties, webinars, or corporate events. Members receive a special discount on rentals and member referral discounts are also available. For details and rates, call 513 246 2647.



**TriHealth**  
Fitness & Health Pavilion