

# Fall 2024 – September, October & November

## Pavilion Programs and Special Events

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

Be seen. Be heard. Be healed.™

### Fall Holiday Hours

#### Labor Day

Monday, September 2, 7 a.m. – 4 p.m.

#### Thanksgiving Eve

Wednesday, November 27, 5:30 a.m. – 5 p.m.

#### Thanksgiving Day

**CLOSED** Thursday, November 28

#### Day After Thanksgiving

Friday, November 29, 7 a.m. – 8 p.m.

### Aquatics

#### Group Swim Lessons

Swim lessons for individuals ages 6-months through adults



#### New Class Descriptions

**Vaquita Whales** (Formerly known as *Aquababies*) – 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** (Formerly known as *Preschool*) – 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** (Formerly known as *School Age*) – 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.

Fall Session: September 16 – November 23, 2024 (9-week session)

**Members \$122, Nonmembers \$141**

#### Monday

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

#### Wednesday

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

#### Saturday

9 – 9:30 a.m. Vaquita Whales (6 months-3 years); Warm Water Pool  
9:35 – 10:05 a.m. Whale Sharks (11-14 years) Warm Water Pool  
10:15 – 10:45 a.m. Beluga Whales (3-5 years); Warm Water Pool  
11 – 11:45 a.m. Humpback Whales (6-10 years); Warm Water Pool

### 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. Instructor : Participant Ratio 1:4  
**Tuesdays, 6:35pm; September 3-24; October 1-22; November 5-26**  
**Members \$62, Nonmembers \$74**

#### October

### Pink In the Pool

Join us in wearing PINK all week in awareness of those battling breast cancer. Pick up information on self exams, signs and basic breast cancer awareness. Stop by the lifeguard stand for stickers, wrist bands and other giveaways.  
**October 13 – 19**



### Making Waves – Fall Aquatic Challenge

This fall we are aiming for time spent in the water! How many hours can you log performing water workouts? You have 31 days to make waves. Top 3 performers win a prize.  
**Sign up at the front desk by September 25**



### Pumpkin Decorating Contest

Show off your creative side in a fun, friendly competition.  
**Decorate your pumpkin and drop off by October 25.**



#### November

### Grateful Tree

What are you thankful for this November? Research shows that feeling thankful can improve sleep, mood and immunity. Gratitude can decrease depression, anxiety, difficulties with chronic pain and risk of disease. Fill out a pumpkin or leaf at the pool to share what you are thankful for that day. Stop in as frequently as you wish! Let's fill the pool windows with our gratitude.

#### December

### Float in Movie Night

Join us for a fun night of floating, glow sticks, crafts, pizza, cookies and a great movie...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.

#### COMING SOON

Scuba and Mermaid certification courses!  
Stay tuned for more details.



## Fitness & Personal Training

September

### Workout of the Week

Visit our Facebook page every week for the new Workout of the Week. If you need a modification, please see a Fitness Coach.



October

### World Mental Health Day

Stop by the fitness desk to receive information on ways to improve your mental health!

October 10

Free to Members



November

### Turkey Trot on the Trail

Enjoy the Fall weather on the Pavilion's outdoor trail while running or walking our Turkey Trot 5K. Held on the indoor track in the event of inclement weather.

Date: TBD

Free to Members



## Group Fitness

September

### Dance Cardio Class

Join our Zumba instructor Robin every Wednesday for a new cardio class. Learn the basic steps of Zumba in a fun and positive way.

Wednesdays, 9 a.m., beginning September 4.



October

### Spooky Spin Class

Join Jen for our Annual Spooky Spin class. Come dressed in your favorite Halloween costume to celebrate Halloween.

Wednesday, October 30, 5:30 p.m.

Free to Members



## Healthy Lifestyles

September

### Cooking Demo: Quick Dinners

Don't have a lot of time to cook dinner? Watch registered dietitian Christy Bahan prepare recipes that can help you get dinner prepared quickly.

September 18, 12:30 – 1:30 p.m., Conference Room A

FREE to Members, Nonmembers \$10

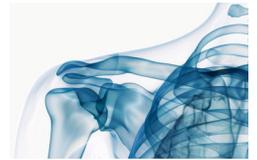
Registration deadline, September 13.

### Healthy Living Workshop: Bone Health

Come join certified athletic trainer Karen Sims and registered dietitian Kate Spitzer to learn exercise and nutrition strategies to support strong, healthy bones.

September 25, 12:30 – 1:30 p.m.

Conference Room B



October

### Healthy Living Workshop: Cancer

Cancer remains one of the leading causes of death in the US. Join registered dietitian Christy Bahan for a discussion about nutrition & lifestyle habits that can help decrease the risk of cancer or reoccurrence.

October 16, 12:30 – 1:30 p.m., Conference Room B

### Cooking Demo: Comfort Foods

Join registered dietitian Kate Spitzer as she prepares comfort foods with a healthy twist.

October 23, 12:30 – 1:30 p.m.

Conference Room A

FREE to Members, Nonmembers \$10

Registration deadline, October 18.



November

### Cooking Demo & Healthy Living Workshop: Pre-Diabetes

A special joint presentation that will include healthy living recommendations for pre-diabetes as well as a cooking demo of some delicious pre-diabetes friendly foods.

November 13, 12:30 – 2 p.m.

FREE to Members, Nonmembers \$10

Registration deadline, November 8.

## Spa and Integrative Health & Medicine

September

### New Acupuncturist

Yan Jiang, MD

Wednesdays, 9 a.m. – 12 p.m.

### Acupuncture for Fall Allergies

ONLY \$85

### Eyebrow Microblading

Regularly \$500, now \$400

October

### 15% off the following services:

Dermaplane and Peel

Swedish Massage – 60 minute

November

### Get Holiday Ready

Free eyebrow wax with Hydromicrodermabrasion

Be seen. Be heard. Be healed.™



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