

Hours of operation
 Monday –Thursday 5:15 a.m. – 10:00 p.m.
 Friday 5:15-9:00 p.m.
 Saturday 7:00 a.m. – 7:00 p.m.
 Sunday 7:00 a.m. – 6:00 p.m.
www.trihealthpavilion.com
 Pavilion Front Desk 985-0900
 Group Fitness Department 985-6742

TriHealth



Fitness & Health
 Pavilion



Studio A-August 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Power House 5:45-6:45a Diane	Boot Camp 6:00-7:00a Marie	Total Body Conditioning 5:45-6:45a Diane	Boot Camp 6:00-7:00a Marie	Total Body Conditioning 5:45-6:45a Diane	
					Recess (gym) 9:00-10:00a Andrea	Body Sculpt 8:00-9:00a Kathie
Pilates 10:00-10:55a Mind Body Balance	Recess 9:15-10:15a (gym) Ann	Move n Groove 9:30-10:30a Patty K.	Recess 9:15 -10:15a (gym) Andrea	Move –n- Groove 9:30-10:30a Elena	Hatha Yoga 9:15-10:30a Diana	Step & Bosu 9:00-10:00a Marie S.
	Fitness Yoga 9:30-10:30a Mindy	Pilates 10:30-11:30a Patty K.	Zumba 10:15-11:15a Marie L.	Yogalates 10:35-11:45a Vina	Zumba Gold 10:30-11:30a Elena	Power House 10:00-11:15a Marie S.
Meditation/ Yoga 11:30-12:30 Vina	Ball, Balance, & Strength 11:45-12:30p Ann		Ball, Balance, & Strength 11:45-12:30p Lynn	Ashtanga Yoga 11:45-12:45p Sanjita	“Yoga”tastic 11:45-12:45p Vina	Zumba 11:15-12:15p Elena
		Arthritis Land 1:30-2:30 Tracy		Arthritis Land 1:30-2:30 Pam		
		Power Pump 5:30-6:15p Darla	MultiMix 5:30-6:30 Kathie	Amazing Abs 5:00-5:30 Ann		
	Zumba 5:45-6:45p Elena	**Complete Tai Chi 6:30-7:30p Mok Lau	Boot Camp 6:30-7:30p Carlie	Cardio-Sculpt 5:30-6:30 Ann		
		Pilates 7:30-8:30p Mind Body Balance	Hatha Yoga 7:35-8:35p Diana			

Space is limited to first arrivals for following classes:50 Yoga, 60 for all others.

* Non member passes are available for all classes. \$120.00 for 10 classes, \$15.00 per trial class.

**Basic Tai Chi is offered on Tuesdays from 10-11am in Conference room A. Session is from April 27-June 15th. Members and Non-Members must register and pay the appropriate program fee for Tai Chi or Pilates Reformer Classes.

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Studio B-August 2010



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Spinning 5:45-6:45a Patty M.		Spinning 5:45-6:45a Pam		
	Power Yoga Flow 6:45-7:45a Lainie	Integrated Yoga 7:00-8:15a Shan	Yin Yoga 7:00-8:00a Shan	Ashtanga Yoga 7:00-8:15a Shan	Yoga Flow 6:45-7:45a Lainie	Ashtanga Yoga 7:45-9:15a Shan
Spinning 9:00-10:00 Andrea H./ Andrea T.						
Spinning (Beginner, New) 10:15-11:00 Claude	Spinning 9:15-10:15a Andrea	Spinning 9:30-10:30a Sara K.	Spinning 9:30-10:30a Jen J.	Spinning 9:30-10:30a Amelia	Spinning 9:30-10:30a Pam	Spinning 9:30-10:30a Chip
	(PRR) **Pilates Reformer 10:30-11:30a Patty		(PRR) **Pilates Reformer 10:35-11:35a Jen J.	(PRR) **Pilates Reformer 10:35-11:35a Patty K.	Fifty & Fit 10:40-11:40a Carlie	(PRR) **Pilates Reformer 10:40-11:40a Andrea
		Yoga Stretch 12:00-1:15p Bhargavi			(PRR) **Pilates Reformer 1:00-2:00p Andrea	
		(PRR) **Pilates Reformer 4:00-5:00p Andrea				
		(PRR) **Pilates Reformer 5:00-6:00p Andrea				
	Spinning 5:30-6:30p Carlie	Spinning 6:00-7:00p Chip	Spinning 5:30-6:30p Carlie			
	Boot Camp 6:30-7:30 Carlie	Ashtanga Yoga 7:00-8:00p Corrine	Fitness For Two Yoga 6:30-7:30p Vina			

* PRR– Private Reformer Room located on the third floor