

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.
Holiday Schedule on July 4 & 5
www.trihealthpavilion.com

TriHealth



Fitness & Health
 Pavilion



Studio A-July 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 Patty K. | 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 10:30-11:30a 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 Carlie | MultiMix 5:30-6:30 Kathie | NEW 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 | NEW 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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www.trihealthpavilion.com
 Pavilion Front Desk 985-0900
 Group Fitness Department 985-6742



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Studio B-July 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. | | **Pilates Reformer 8:20-9:20a Patty K. | | **Pilates Reformer 8:20-9:20a Patty K. | | |
| | 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 |
| Intro to Spin 11:00-12:00 *1st Sunday of the month | **Pilates Reformer 10:30-11:30a Patty | | **Pilates Reformer 10:35-11:35a Jen J. | **Pilates Reformer 10:35-11:35a Patty K | NEW Fifty & Fit 10:30-11:30a Carlie | **Pilates Reformer 10:40-11:40a Andrea |
| | | Yoga Stretch 12:00-1:15p Bhargavi | | | **Pilates Reformer 1:00-2:00p Andrea | |
| | | **Pilates Reformer 4:00-5:00p Andrea | | | | |
| | | **Pilates Reformer 5:00-6:00p Andrea | | | | |
| | Spinning 5:30-6:30p Leah/Annie | Spinning 6:00-7:00p Chip | Spinning 5:30-6:30p Carlie | | | |
| | Boot Camp 6:30-7:30 Leah/Annie | Ashtanga Yoga 7:00-8:00p Corrine | Fitness For Two Yoga 6:30-7:30p Vina | | | |

***Please note that the Pilates Reformer classes will be moving up to the 3rd floor studio.