

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

GROUP FITNESS

Studio A-September 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Power House 5:45-6:40 a Diane K	Boot Camp 6:00-7:00 a Marie S (Gym)	Total Body Conditioning 5:45-6:40 a Diane K	Boot Camp 6:00-7:00 a Marie S (Gym)	Total Body Conditioning 5:45-6:40 a Diane K	Ashtanga Yoga 7:45-9:00 a Shan L
	Power Yoga Flow 6:50-7:50 a Lainie I	Integrated Yoga 7:00-8:00 a Shan L	Yin Yoga 7:00-8:00 a Shan L	Ashtanga Yoga 7:00-8:00 a Shan L	Power Yoga Flow 6:50-7:50 a Lainie I	Body Sculpt 8:00-9:00 a Kathie K (Gym)
Pilates 10:00-11:00 a Mike - Mind Body Balance	NEW! Kickboxing 9:15-10:15 a Ann S (Gym)	Move -n - Groove 9:30-10:30 a Patty K	Recess 9:15 -10:15 a Andrea T (Gym)	Move -n- Groove 9:30-10:30 a Patty K	Recess 9:00-10:00 a Andrea T (Gym)	Step & Bosu 9:05-10:05 a Marie S
	Fitness Yoga 9:30-10:30 a Mindy A	Pilates 10:35-11:35 a Patty K	Zumba 10:15-11:15 a Marie L	Yogalates 10:35-11:45 a Vina G	Hatha Yoga 9:15-10:30 a Diana G	Power House 10:10-11:10 a Marie S
Meditation/ Yoga 11:30-12:30 p Vina G	Ball, Balance, & Strength 11:45-12:30 p Ann S	Yoga Stretch 12:00-1:00 p Bhargavi P	Ball, Balance, & Strength 11:45-12:30 p Lynn S		Zumba Gold 10:35-11:35 a Elena M	Zumba 11:15-12:15 p Elena M
	NEW! Fit & Fifty 1:00-2:00 p Betsy B	Arthritis Land 1:30-2:30 p Tracy L		Arthritis Land 1:30-2:30 p Pam D	"Yoga"tastic 11:45-12:45 p Vina G	
	NEW! Belly Dancing 5:00-5:45 p Rania R	Power Pump 5:25-6:25 p Darla R	MultiMix 5:30-6:30 p Kathie K			
	Zumba 5:50-6:50 p Elena M	**Complete Tai Chi 6:30-7:30 p Mok Lau		Abs Cardio-sculpt 5:30-6:30 p Ann S/Darla		
	Yoga Flow 7:00-8:00 p Corinne S	Pilates 7:35-8:35 p Mike -Mind Body Balance	Hatha Yoga 7:35-8:35 p Diana G	NEW! Fit & Fifty 6:35-7:35 p Ann S/Darla		

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.

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



Fitness & Health
 Pavilion



Studio B-September 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Spinning 5:45-6:45 a Patty M		Spinning 5:45-6:45 a Pam M		
Spinning 9:00-10:0 a Andrea H/ Andrea T						
Spinning (Beginner, New) 10:15-11:00 a Claude B	NEW! Spinning/Pilates 9:00-10:15 a Andrea /Terri	Spinning 9:30-10:30 a Sara K	Spinning 9:30-10:30 a Jen J	NEW! Spinning/Core (Gym) 9:00-10:30 a Amelia K	Spinning 9:30-10:30 a Pam S	Spinning 9:30-10:30 a Chip C
	Pilates Reformer 10:30-11:30 a Patty K	Pilates Reformer 10:35-11:35 a Sara K	Pilates Reformer 10:35-11:35 a Jen J	Pilates Reformer 10:40-11:40 a Patty K		Pilates Reformer 10:40-11:40 a Andrea T
	Pilates Reformer 11:35-12:35 p Carlie S	Pilates Reformer 12:00-1:00 p Andrea T	Pilates Reformer 1:00-2:00 p Carlie S		Pilates Reformer 1:00-2:00 p Andrea T	
				Pilates Reformer 4:00-5:00 p Andrea T		
				Pilates Reformer 5:00-6:00 p Andrea T		
	Spinning 5:30-6:30 p Carlie S	Spinning 6:00-7:00 p Chip C	Spinning 5:30-6:30 p Carlie S			
	Boot Camp 6:30-7:30 p Carlie S (Track)		Boot Camp 6:30-7:30 p Carlie S (Track)			

All Pilates Reformer classes or private reformers are fee based, please see description for prices.