



Make a Date to Get in Shape*

...at TriHealth Fitness & Health Pavilion.

Having a baby brings changes to your life, but it doesn't mean you have to stop caring for yourself. We'd like to invite you to enjoy a free week at the TriHealth Fitness & Health Pavilion, complete with free, on-site child care.

You can check out our fitness floor, group exercise classes, lap pool, indoor track and much more. While you enjoy time on your own or as a couple, your baby will be lovingly cared for by our experienced infant care staff in the Pavilion Kids' Life Center.

Ask your physician at your six-week postpartum checkup for clearance to return to exercise. Then, come see us. Become a member during your baby's first year, and we'll waive the enrollment fee.

"It's a friendly place where everyone knows everybody. The Kids' Life staff is more competent than other places we've tried, and they do a better job with infants."

—Kristi, mother of three

Parents' Week Out at the Pavilion

Full use of our facilities for one week **FREE**

Good _____ to _____.

Infant Care at the Pavilion Kids' Life Center

Free care for children 6 weeks or older while mom and/or dad works out (up to two hours per visit)

Good _____ to _____.

TriHealth



Fitness & Health
Pavilion

A community partnership of
Bethesda North Hospital and
Good Samaritan Hospital

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