

Weekend Guest Pass info

Do You Need A Weekend Workout?

We are proud to announce guest pass privileges for **MEMBERS** of the P&G Fitness Centers to the **TriHealth Fitness & Health Pavilion** and the **YWCA of Greater Cincinnati**.

Please mention you are a P&G fitness center member when visiting the facilities.

TriHealth Pavilion		TriHealth YWCA	
Phone	513-985-0900 x 120	Phone	513-361-2116
Address	6200 Pfeiffer Rd. Cincinnati, Ohio 45242	Address	898 Walnut St Cincinnati, Ohio 45202
Weekend Hours*	Saturday 7am to 7pm Sunday 7am to 6pm *hours subject to change *call for special holiday hours	Weekend Hours*	Saturday 9am to 5pm Sunday Closed *hours subject to change *call for special holiday hours
Web Site	www.trihealthpavilion.com	Web Site	www.ywcacincinnati.org

Amenities:

- State of the art cardiovascular equipment
- 25 meter 6 lane lap pool
- Warm water therapy pool
- Group & Aquatic exercise classes
- Extensive free weight training area
- Variety of selectorized resistance training equipment
- Cushioned indoor 1/8 mile running/walking track
- 1/2 mile outdoor walk/bike trail
- 2 aerobic studios
- Outdoor leisure pool and sun deck
- Deluxe men's and women's locker room and all amenities including whirlpool
- Day spa
- Basketball courts/Sports Arena
- Café
- Kids Life Center



Amenities:

- Co-ed fitness center
- State of the art cardiovascular exercise equipment
- 25 yard 4 lane lap pool
- Group exercise classes
- Whirlpool, dry-heat sauna and lounge area
- Indoor rubberized track
- Full-court gym
- Personal training services
- Massage therapy
- Locker rental
- Complimentary towel and laundry service

