

Weekend Workout Options

The WHBC Fitness Center is open on Saturdays from 8:00am to 2:00pm Labor Day through Memorial Day for all P&G fitness center members and employees.

You may also purchase guest passes to the **TriHealth Fitness & Health Pavilion** and the **YWCA of Greater Cincinnati**.

TriHealth Pavilion	TriHealth YWCA
Drop-In Guest Pass \$15.00 per single visit (mention you are a P&G employee to receive discount rate)	Drop-In Guest Pass \$16.00 per single visit
Week Guest Pass \$50.00 (7 consecutive days)	Week Guest Pass \$35.00 (6 days, closed Sundays)
10 Guest Passes \$140.00 (non-consecutive days)	Phone 513-361-2116
Phone 513-985-0900 x120	Address 898 Walnut St Cincinnati, Ohio 45202
Address 6200 Pfeiffer Rd. Cincinnati, Ohio 45242	Weekend Hours* Saturdays 9:00am to 5:00pm Sundays Closed <i>*hours subject to change *call for special holiday hours</i>
Weekend Hours* Saturdays 7:00am to 7:00pm Sundays 7:00am to 6:00pm <i>*hours subject to change *call for special holiday hours</i>	Web Site www.ywcacincinnati.org
Web Site www.trihealthpavilion.com	Amenities:
Amenities:	<ul style="list-style-type: none"> • 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
<ul style="list-style-type: none"> • 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 • Cushioned indoor 1/8 mile running/walking track • 1/2 mile outdoor walk/bike trail • Outdoor leisure pool and sun deck • Deluxe men's and women's locker room and all amenities including whirlpool • Basketball courts/Sports Arena • Day spa • Café • Kids Life Center 	

