

# Join us for the grand re-opening!

# The time has come to see for yourself.

After 16 months of renovation and expansion, the Mason Community Center, in partnership with TriHealth, is proud to open its doors to the public. Join us for tours of the new facility and learn more about the expanded membership benefits and programming for every member of the family at events scheduled Oct. 25 - 31.

### **Hours of Operation**

Monday - Friday 5:30 a.m. – 10 p.m.
Saturday 8 a.m. – 8 p.m.
Sunday 12 p.m. – 8 p.m.



6050 Mason-Montgomery Rd. Mason, Ohio 45040



# Presenting the newly renovated and expanded Mason Community Center

Stop by any time during Premiere Week, Oct. 25-31, to take a tour of the new facility or talk to staff about all the center has to offer.

Join us the weekend of Oct. 30-31 for a grand reopening ceremony followed by events for all members of the family.

All activities are free of charge.

# Friday & Saturday Oct. 22-23

Members-only Sneak Peek; facility open regular hours 5:30 a.m. - t-shirts to first 100 members 5:30 p.m. - t-shirts to first 100 members

Members may visit the Members' Lounge throughout the week to hear about expanded and new programs, and services offered by Group Health Associates and Bethesda Physical Therapy.

## Sunday, Oct. 24

Facility closed for final preparations.

## Monday, October 25

#### • Premier members

Be sure to visit the meeting rooms for refreshments and gifts

#### • Fitness Floor

Introduction to Post Rehab Services with Certified Athletic Trainer staff; Body Mass Index testing 5-7 p.m. — Meet the Trainer 6-7 p.m. — Swing into Fitness with a Personal Trainer

#### • Group Exercise

Participate in, or observe, fitness classes: meet the Group Exercise team

• TriHealth Mobile Mammography Van On site all day; call 569-6565 for an appointment

# Tuesday, October 26

#### • Kids Korner

Autumn-themed activities

#### • Teen Area

Rock climbing wall & exergaming open play; equipment demonstration

#### • Special events

Learn about parents' night out, running clubs, camps and birthday parties

# Wednesday, October 27

- **Gymnastics** 9-11 a.m. and 5-7 p.m. Demonstration classes; competitive gymnasts showcase their skills between classes
- **Aquatics** 5-8 p.m. Family fun night
- **Sports** 5-8 p.m. Participate in a drop-in game of basketball. volleyball or badminton; information available on all sports leagues

# Thursday, October 28

10 a.m. - 12 p.m. - How-to Sessions:

1-2 p.m. — chair volleyball

2-5 p.m. — card games

#### • Seniors

Blood pressure, glucose, hearing and vision screenings

demonstrations; body fat testing Get to know the Fitness Center and staff

12 p.m. — lunch

12:30 - 3:30 p.m.

# Friday, October 29

• Live Well in Mason

• Mason Youth Sports

Blood pressure & glucose screenings

Wear your team uniform; bring your coach and teammates to check out our new sport training activitie

• Corporate Challenge Day

Bring your co-workers in to try out our new rock climbing wall & exergaming room; learn about our corporate membership discounts

# Saturday, October 30

Open House 10 a.m. - 8 p.m. 10 a.m. - Grand Reopening ceremony

10:30 a.m. - 6 p.m.

- Kids Korner story time and crafts
- Live Well in Mason: blood pressure checks
- Meet the Trainer
- Post Rehab program information and equipment
- Rockwall climbing, exergaming, Zumba, cycling intervals, strength training and gymnastics class demonstrations
- Senior Center bingo and chair volleyball
- Water games in the pool

Competitive level gymnastics demonstrations

# Sunday, October 31

Open House 12 p.m. – 8 p.m.

- Kids Korner story time and crafts
- Live Well in Mason: blood pressure checks
- Meet the Trainer

10:30 a.m. - 6 p.m.

- Post Rehab program information and equipment demonstrations; body fat testing
- Rockwall climbing, exergaming, Zumba, cycling intervals, strength training and gymnastics class demonstrations
- Senior Center bingo and chair volleyball
- Water games in the pool



