

CHAUTAUQUA INSTITUTION  
2017

## Chautauqua Health & Fitness



For more than 140 years, **Chautauqua Institution** has provided opportunities to **enrich the mind, body and spirit.** **Chautauqua Health & Fitness** continues that tradition. We are dedicated to helping you succeed, whatever your health and fitness goals: **weight loss, increased flexibility, sports training, muscle toning, medical rehabilitation, stress reduction** or **general fitness** and **conditioning.** We are pleased to provide this resource to both our **summer visitors** and our **surrounding year-round community.** We invite your participation and welcome your comments.

### MEMBERSHIP INCLUDES THE USE OF:

- Cardiovascular machines, including treadmills, stairclimbers, elliptical trainers, rowing machines and bikes
  - Complete circuit of user-friendly strength training machines, including multi-station cable crossover
  - Free weights: barbells, plates, dumbbells, and benches
  - Bosu, stability balls, resistance bands, jump ropes, speed bag, heavy bag, stretching mats, weighted medicine balls and kettlebells
  - 25-yard indoor swimming pool (kept at 82°), gymnasium, locker rooms\*, showers and towel service
  - Certified personal trainers (by appointment only) available to assist you
  - Orientations to the facility and general start-up program included with memberships of one month or longer
  - Basketball court available when not being used for classes or events (children age 13 and under **must** be accompanied by an adult)
  - Free, convenient parking available year-round at the Turner Community Center
- \* Lockers are available for day use and monthly rentals.  
\* Youth ages 13 and under must be accompanied by an adult at all times in fitness center

CHAUTAUQUA  
HEALTH & FITNESS

PO Box 28  
Chautauqua, New York 14722

Recreation  
[fitness.ciweb.org](http://fitness.ciweb.org)



Chautauqua Health & Fitness • Route 394 • Chautauqua, New York 14722 • 716.357.6430

# FITNESS CENTER MEMBERSHIPS

- Individual members must be 14 years of age or older
- Individual, family and group memberships are non-transferable
- Fitness center members receive complimentary facility orientation and admission to the pool (separate pool memberships may also be purchased)
- Fitness classes are not included in membership fees
- No gate pass needed if coming from outside the Institution from June 24 to Aug. 27
- Free parking on site

## Individual:

- Year: \$430
- 6 Month: \$270
- Month: \$80
- Week: \$35
- Single Visit: \$12
- Nine-week pass: \$155  
(Sold and start between June 1–July 18 only)

**Family:** Includes up to two adults and **their dependent children** through high school and full-time college students up to age 23, **living in the same household.** Children ages 8–13 must have an adult present with them at all times and may use selected pieces of equipment following an orientation with staff. *Visiting family members are not included in family memberships.*

- Year: \$685 • 6-Month: \$435

**Discounted year membership:** Offered four times throughout the year and cannot be put on hold. Contact the Fitness Center for information.

- \$320/person/year

**Debit card:** May be shared among individuals, but cannot be used for group classes.

- 10 prepaid single visits: \$85

Please ask at the desk, visit the website or call for complete youth policies.

Chautauqua Health & Fitness participates with several major health insurance carriers. Check with your insurance carrier for more information.



## HOURS OF OPERATION

### Chautauqua Health and Fitness at Turner Community Center: Open year-round

Mon.–Fri.: 7 a.m.–8 p.m.  
Sat. & Sun.: 7 a.m.–2 p.m.

**Note:** On Sat. & Sun. from June 24 to Aug. 27 we will be open from 7 a.m. to 5 p.m.

**Closed:** Easter, Thanksgiving, Christmas and New Year's Day (subject to change)

### Chautauqua Health and Fitness at Heinz Beach:

716.357.6309 • South Lake Drive

#### Open June 24–Aug. 27 ONLY

Mon.–Fri.: 7 a.m.–5 p.m.  
Sat.: 7 a.m.–12 p.m.

- Enjoy a commanding view of the lake as you workout
- Must have gate pass and fitness membership
- Gate pass required for admission to the Institution, Monday through Saturday during the season, from June 24–Aug. 27
- Selection of cardio, free-weight equipment and multi-station cable crossover
- Swimming at Heinz Beach, during posted hours
- No parking available at facility
- Beautiful view of Chautauqua Lake only 30 yards away



## TURNER COMMUNITY POOL

### Individual:

- Year: \$185
- 6-Month: \$115
- Month: \$35
- Week: \$12
- Single Visit: \$3
- Nine-week pass: \$65  
(Sold and start between June 1–July 18 only)

### Debit Card:

May be shared among individuals, but cannot be used for group classes.

- 10 prepaid single visits: \$20

### Pool Hours:

#### Jan. 1–June 23, Aug. 28–Dec. 31

#### Lap Swim/Open Swim

- Mon.–Sun: 7 a.m.–9 a.m.
- Mon.–Fri.: 5 p.m.–7 p.m.

#### June 24–Aug. 27

#### Lap Swim/Open Swim

- Mon.–Fri.: 7 a.m.–2 p.m. & 4:30–7 p.m.
- Sat.: 7–11 a.m. & 12–4 p.m.
- Sun.: 7–11 a.m.

Area reserved for open swimmers whenever pool is open. No lap swimming in open swim area.

\*5 lap lanes 7–11 a.m. Mon.–Fri. (June 24–Aug. 27)

**Please note:** Children ages 6 and under must be accompanied **in the water** by a responsible adult. Children ages 7–11 must have a responsible adult present on the pool deck or in the water.

Chautauqua Institution also maintains four public beaches, open daily and supervised by certified lifeguards, June 24–Aug. 27.

# CLASSES AND PERSONAL SERVICES

## Fitness Classes:

### Year-round

Fitness classes are offered, based on member interest and instructor availability, during the fall, winter and spring months at the Turner facility. Contact the fitness center staff for details and schedules or visit our website at [fitness.ciweb.org](http://fitness.ciweb.org).

### June 24–Aug. 27 ONLY

A wide variety of fitness classes are offered through the summer Special Studies program. For complete course descriptions, fees and schedules, consult the Special Studies catalog, available April 10 by visiting our website at [chqtickets.com](http://chqtickets.com).

## Pickleball:

For schedule and fees, contact the fitness center at 716.357.6430.

## Personal Services:

Qualified professionals by appointment based on availability. Contact the fitness center for rates and details or visit our website at [fitness.ciweb.org](http://fitness.ciweb.org).

- **Personal Training:** One-hour or 30-minute, one-on-one or pairs sessions.
- **Small Group Personal Training:** Share an hour session with friends for less.
- **Pilates Reformer Training:** Specialized discipline emphasizing core stability and strength along with proper alignment, breathing, coordination and balance.
- **Swim Lessons:** Private one-on-one or pairs sessions.
- **Nutrition Consultations:** Sessions include a review of daily diet and revision, goal-setting, healthful weight loss advice, meal and snack ideas, substitutions, resetting the metabolism.