

PRIVATE SWIM INSTRUCTORS

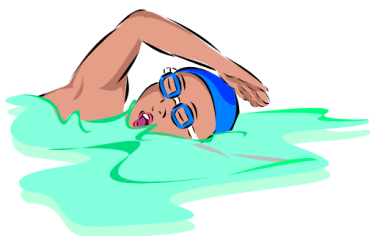
Dr. Thomas J. Mann

- Certified Water Safety Instructor and swim coach. Specializes in improving stroke technique and efficiency as well as competitive swim training.
**Available beginning late May*

By appointment only based on availability.

PRIVATE SWIM LESSON RATES

Number of Sessions	30 Min.	1 Hour Pairs
1	\$26	\$52
2	\$52	\$104
3	\$78	\$156
4	\$104	\$208
5	\$130	\$260
6	\$150	\$300
7	\$170	\$340
8	\$190	\$380
9	\$210	\$420
10	\$230	\$460
11	\$250	\$500
12	\$270	\$540
13	\$295	\$580
14	\$310	\$620
15	\$330	\$660
16	\$350	\$700
17	\$370	\$740
18	\$390	\$780



PERSONAL SERVICE POLICIES

INTEREST FORM

Fill out an interest form at the fitness center desk. Appointments are based on availability of our staff.

PAPERWORK & SIGNING IN

Clients must fill out a Waiver & Release of Liability and PAR-Q form before their first session and sign in at the fitness center desk at each session.

SESSION PURCHASES

Payment in full must be made before first session. You cannot increase your package size once you have begun your original package; new packages must be purchased. Maximum of 27 sessions purchased at once. Purchased sessions must be completed within 1 year of the purchase date. Sessions not used after 1 year of purchase may no longer be redeemed.

PAIRS SESSIONS

Two clients can share the hour with one instructor only if they are at the same skill level. Different skill levels must be at separate times at single rate each. Skill level is determined by the instructor.

CANCELLATION POLICY

12 hours notice must be given for any cancellations by client or trainer. Clients who do not show up, or give less than 12 hours notice, will still be charged for the session.

TRANSFER OF SESSIONS

You may transfer your unused sessions to another person.

APPOINTMENT TIMES & LOCATIONS

Because our trainers/instructors often schedule consecutive appointments, sessions must begin and end on time. If the client is late, the time will not be extended beyond the scheduled time. Sessions are to be conducted in/on Turner Community Center facilities and property.



CHAUTAUQUA
HEALTH & FITNESS
CHAUTAUQUA INSTITUTION

PERSONAL SERVICES BROCHURE

**APR / MAY / JUNE
2017**

- * Personal Training
- * Small Group Personal Training
- * Pilates Reformer Training
- * Private Swim Lessons & Coaching
- * Nutrition Consultations
- * Private Yoga

Chautauqua Health & Fitness
Chautauqua Institution
P.O. Box 28 Route 394
Chautauqua, NY 14722

Telephone: (716) 357-6430
E-mail: fitnesscenter@ciweb.org
Website: fitness.ciweb.org

**PERSONAL TRAINING
PILATES REFORMER
NUTRITION CONSULTATIONS
AND PRIVATE YOGA RATES**

Number of Sessions	30 Min.	1 Hour	1 Hour Pairs
1	\$32	\$62	\$80
2	\$64	\$124	\$156
3	\$96	\$186	\$232
4	\$128	\$248	\$308
5	\$160	\$310	\$384
6	\$192	\$365	\$460
7	\$224	\$420	\$536
8	\$256	\$475	\$612
9	\$288	\$530	\$688
10	\$320	\$585	\$764
11	\$335	\$640	\$840
12	\$360	\$695	\$916
13	\$385	\$750	\$992
14	\$410	\$805	\$1,068
15	\$435	\$860	\$1,144
16	\$460	\$910	\$1,220
17	\$485	\$960	\$1,296
18	\$510	\$1,010	\$1,372
19	\$535	\$1,060	\$1,448
20	\$560	\$1,110	\$1,524
21	\$585	\$1,160	\$1,600
22	\$610	\$1,210	\$1,676
23	\$635	\$1,260	\$1,752
24	\$660	\$1,310	\$1,828
25	\$685	\$1,360	\$1,904
26	\$710	\$1,410	\$1,980
27	\$735	\$1,460	\$2,056

* Maximum of 27 sessions purchased at once.

*Both students must be at same level for pairs 1 hr.

Rates effective Jan 1, 2017

By appointment only based on availability.

PERSONAL TRAINERS

Julie Monaco

- NESTA Certified Personal Trainer. She is very passionate about helping her clients feel really good about themselves and the progress they've made!

Stephanie Bukowski

- FiTour Certified Personal Trainer, Core & Functional Fitness and Kickboxing Instructor. Enjoys coaching others to find their inner strength to become healthy & fit!

Drew Hudson

- Board certified Athletic Trainer and NSCA Certified Personal Trainer. Enjoys helping improve quality of life and overall performance.

PILATES REFORMER INSTRUCTORS

Kim Waldron

- Fully Certified Stott™ Pilates Instructor. Has taught Pilates conditioning and the philosophy of core stabilization and dynamic movement to clients of all levels. Loves watching Pilates transform lives!

Jennifer Nelsen

- PMA Certified Pilates Instructor. Has worked with post-surgery rehab to Olympic hopefuls. Holds certificate in Pilates for Breast Cancer. Speaker on use of Pilates in Eating Disorder Recovery.

NUTRITION CONSULTANT

Sessions include review of daily diet and revision, goal-setting, healthful weight loss advice, meal and snack ideas, substitutions, resetting the metabolism.

Melissa Long

- BS in Nutrition & Dietetics, a MS in Nutrition Science, a BS in Athletic Training. Certified Athletic Trainer & Strength & Conditioning Specialist.

YOGA INSTRUCTOR

Julie Lescynski

- Certified 200 hour level Yoga Instructor. Has 30 hours of training in Restorative Yoga. Her practice has introduced her to several styles and traditions with roots in Hatha, Ashtanga & Iyengar Yoga.

SMALL GROUP TRAINING

**GET A ONE-HOUR
PERSONAL TRAINING FOR LESS!**

Share a closed one-hour session with friends and split the cost! Enjoy the motivation and accountability of a "team-like" atmosphere!

**\$60 / HR.
PER GROUP OF 3-8 PEOPLE**

** plus \$7.50/each additional person over 8 people*

POLICIES

- Each group must fill out an interest form.
- Participants must be at similar fitness level
- Minimum of 3 pre-registered people per group.
- There must be one person designated as the group leader making payments on behalf of group.
- May not purchase multiple sessions at once.
- All participants must arrive 15 minutes early to session to complete a waiver & PAR-Q form.
- New people interested in joining an existing small group must fill out an interest form and the trainer will contact them. They may not just show up.
- Refer to *Personal Training Policies* section on reverse side for other applicable policy information.

INTEREST FORM

Circle One: Swim Lesson Personal Training
Small Group Pilates Yoga Nutrition

Client Name(s): _____

Total # in group (for Small Group PT): _____

Client Age(s): _____

Guardian's Name (if client is under 18 years old):

Contact Phone #: _____

Describe current program (trainings) or skill
level (swim lessons): _____

Goals: _____

Concerns/Limitations: _____

Desired Start date: _____ End date: _____

Preferred days of week: _____

Preferred time(s) of day: _____

Desired # of sessions: ____ circle: 1 hr. 1/2 hr.

Today's Date: __/__/____ Staff Initial: _____

I have been made aware of the policies.

Client or Guardian's Signature

**Leave this form at fitness center desk.
You will get a call in a day or two.**

~~~~~ OFFICE USE ONLY BELOW ~~~~~

First Session date: \_\_/\_\_/\_\_\_\_ with \_\_\_\_\_

# sessions purchased: \_\_\_\_ circle: 1 hr. 1/2 hr.

Amount paid: \_\_\_\_\_ Date Paid: \_\_/\_\_/\_\_\_\_

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Today's Date: \_\_/\_\_/\_\_\_\_ Staff Initial: \_\_\_\_\_

*I have been made aware of the policies.*

\_\_\_\_\_  
*Client or Guardian's Signature*

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