

GROUP EXERCISE CLASSES

A.M. CYCLE

Start your day with this high-intensity, low impact workout! Enhance cardiovascular endurance and muscular strength while burning calories. All participants must bring a water bottle and are required to wear provided heart rate monitor. Limit of 15 participants per class.

Instructor: Dr. Robert Berke
(FiTour Certified Indoor Cycling Instructor)

Tuesdays & Thursdays 7:15 - 8:15 a.m.
Apr. 4 - May 25, 2017 (8 wks).

\$93 for Members
\$112 for Non-Members
Single visit: \$8 Members / \$9 Non-Members

Must have 6 full packages purchased by Apr. 4.

WATER EXERCISE

Strengthen, tone and improve cardiovascular wellness in a joint-friendly environment. No swimming skills necessary. Have fun, and see positive changes in your physical well-being.

Instructors: Stuart Gates (Experienced Water Exercise Instructor)

Tuesdays & Thursdays 9 - 10 a.m.
Apr. 4 - May 11, 2017 (5 wks).
**No class Apr. 25 & 27*

\$32 for Members
\$42 for Non-Members
Single visit: \$5 Members / \$6 Non-Members

Must have 8 full packages purchased by Apr. 4.

TAI CHI MINISERIES



A series of graceful, flowing movements adapted from the ancient Chinese discipline of Sun-style Tai Chi, plus special warm-up, cool-down and breathing exercises. Tai Chi has been proven to improve balance, coordination, memory, concentration, range of motion, flexibility & more!

Mondays 9:15 - 10:15 a.m.
Apr. 3 - 24, 2017 (4 wks)

\$16 for Members
\$32 for Non-Members

Meg Pickard (ORI Trained Instructor)

INTRO TO PILATES MINISERIES



New to Pilates?
Come learn the essential level Pilates repertoire utilizing various props! Gain an awareness of posture and its transformative relationship to an overall sense of internal harmony and well-being.

Kim Waldron (Certified Stott Pilates® Instructor)

Saturdays 9:30 - 10:30 a.m.
Apr. 22 - May 13 2017 (4 wks)

\$26 for Members
\$36 for Non-Members
Single visit: \$8 Members / \$10 Non-Members

Need 6 full packages purchased by Apr. 22.

CHAUTAUQUA
HEALTH & FITNESS
CHAUTAUQUA INSTITUTION

SPRING PROGRAM GUIDE

**APR / MAY / JUNE
2017**

- * Group Exercise Classes
- * Intro to Pilates Miniseries
- * Tai Chi Miniseries

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

GROUP EXERCISE CLASSES

- * Register and pay for class(es) at the fitness center desk or by calling (716) 357-6430.
- * Each class will run for the first day. If we do not have the required number of pre-registrants purchase the full package by end of first day of class, it will be discontinued.
- * Check-in at the fitness center desk before each class session.
- * There is a fee to use facility equipment or pool before or after group classes.

ESSENTIAL YOGA

This class will begin with a review of poses taught during the winter session for new participants, and then introduce new poses and breath work as we progress. Must be able to get up and down from floor. Best suited for regularly physically active individuals.
Limit of 10 participants per class.

Instructor: Julie Lescynski (Certified 200 hour level Yoga Instructor)

Wednesdays 5:30 - 6:45 p.m.
Apr. 19 - May 24, 2017 (6 wks).

\$44 for Members
\$54 for Non-Members
Single visit: \$9 Members / \$10 Non-Members

Must have 6 full packages purchased by Apr. 19.

STAY ON TRACK

Fire up your metabolism, build strength and flexibility with this HIIT (High Intensity Interval Training) style workout! One hour full-body workout using dumbbells for upper body strength mixed with lower & full-body interval training. Also includes dynamic warm-up and core finishers. Limit of 8 participants per class.

Instructor: Stephanie Bukowski (FiTour Certified Personal Trainer and Core & Functional Fitness Instructor)

Mondays & Fridays 5:30 - 6:30 p.m.
Apr. 17 - May 22 (5 wks).
**No class May 19th.*

\$58 for Members
\$70 for Non-Members
Single visit: \$8 Members / \$9 Non-Members

Must have 6 full packages purchased by Apr. 17.

P.M. CYCLE

End your day with an hour of cardio exercise providing a challenging, yet enjoyable way to tone muscles & burn calories! Bring water to stay hydrated! Limit of 15 participants per class.

Instructors: Randy Henderson (FiTour Certified Indoor Cycling Instructor)

Tuesdays & Thursdays 5 - 6 p.m.
Apr. 4 - 27, 2017 (4 wks).

\$47 for Members
\$57 for Non-Members
Single visit: \$8 Members / \$9 Non-Members

Must have 6 full packages purchased by Apr. 4.

NEW!

RUSH HOUR

Jump start your week with this high-intensity workout including warm-up, cool-down, and one minute stations of cardio, core and full-body movements!

Instructor: Stephanie Bukowski (FiTour Certified Personal Trainer and Core & Functional Fitness Instructor)

Mondays & Thursdays 7 - 8 a.m.
Apr. 3 - June 5, 2017 (8 wks).
**No class Apr. 10, 13 & 17.*

\$93 for Members
\$112 for Non-Members
Single visit: \$8 Members / \$9 Non-Members

Must have 6 full packages purchased by Apr. 3.

INTERMEDIATE PILATES

Class will be a combination of the Intermediate mat work developed by Joseph Pilates and functional core stabilization.
Limit of 15 participants per class.

Instructor: Kim Waldron (Certified Stott Pilates® Instructor)

Tuesdays & Thursdays 10:30 - 11:30 a.m.
Apr. 18 - May 25, 2017 (6 wks)

\$67 for Members
\$84 for Non-Members
Single visit: \$8 Members / \$9 Non-Members

Must have 7 full packages purchased by Apr. 18.

MORE GROUP CLASSES 