



## Private Swim Instructors



**(Coach) Bill Rollinger**  
Experienced Swim Instructor. Specializes in all facets of swimming, stroke technique and competitive strokes for all levels.



**Matt Swanz**  
Experienced Swim Instructor. Specializes in stroke development and improvement for all levels, including ages 5–10.



Follow us on Facebook!  
**@CHQFit**

## 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 must be made in full before first session. You cannot increase your package size once you have begun your original package; new packages must be purchased. Maximum of 20 sessions purchased at once. Purchased sessions must be completed within one year of the purchase date. Sessions not used after one year of purchase may no longer be redeemed.

### Pairs Sessions

Two clients can share their time with one instructor only if they are both at the same skill level. Clients at different skill levels must attend sessions at separate times at single rate each. Skill level is determined by the instructor or trainer.

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

# Personal Services Brochure

September 2019–May 2020

- Personal Training
- Pairs/Duet Training
- Pilates Reformer Training
- Private Swim Lessons & Coaching
- Nutrition Consultations

## Chautauqua Health & Fitness

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

716.357.6430  
fitnesscenter@chq.org





## Rates for Personal Services

Number of Sessions	30 min.	1 hour	30 min. pairs per person	1 hour pairs per person
1	\$38	\$63	\$21	\$41
2	\$75	\$125	\$41	\$82
3	\$111	\$186	\$61	\$122
4	\$146	\$246	\$81	\$161
5	\$180	\$305	\$100	\$200
6	\$213	\$363	\$119	\$239
7	\$245	\$420	\$138	\$277
8	\$276	\$476	\$157	\$314
9	\$306	\$531	\$176	\$351
10	\$335	\$585	\$194	\$388
11	\$363	\$638		
12	\$390	\$690		
13	\$416	\$741		
14	\$441	\$791		
15	\$465	\$840		
16	\$488	\$888		
17	\$510	\$935		
18	\$531	\$981		
19	\$551	\$1,026		
20	\$570	\$1,070		

\* Maximum of 20 individual sessions purchased at once  
 \* By appointment only; based on availability  
 \* Both students must have the same ability and availability

Rates effective May 12, 2019

## Personal Trainers



**Julie Monaco**  
 NESTA Certified Personal Trainer. Uses a variety of techniques and exercises. Available by appointment.



**Stephanie Bukowski**  
 FiTour Certified Personal Trainer, Core & Functional Fitness and Kickboxing Instructor. Available by appointment.



**Drew Hudson**  
 Board certified Athletic Trainer and NSCA Certified Personal Trainer. Specializes in sport-specific training and everyday functional fitness. Available by appointment.



**Carl Liuzzo**  
 NASM certified personal trainer with a bachelor's degree in fitness management. Available by appointment.



**Jackie Ollinger**  
 500 hr. RYT with an extensive background in integral yoga and stress management. Available by appointment.



## Pilates Reformer Trainer



**Kim Waldron**  
 Certified Stott™ Pilates Instructor. Has taught pilates conditioning and the philosophy of core stabilization and dynamic movement to clients of all levels. Available by appointment.

## Nutrition Consultant

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



**Melissa Long**  
 BS in Nutrition & Dietetics, M.S. in Nutrition Science, B.S. in Athletic Training. Certified Athletic Trainer & Strength & Conditioning Specialist. Available by appointment.

## Hours of Operation

**Chautauqua Health & Fitness at Turner Community Center:**

Monday–Friday: 6 a.m.–8 p.m.  
 Saturday: 7 a.m.–12 p.m.  
 Sunday: 10 a.m.–3 p.m.

**Pool (Lap Swim/Open Swim):**

Monday–Friday: 6–9 a.m. & 5–7 p.m.  
 Saturday: 7–9 a.m.  
 Sunday: 12–2 p.m.