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. 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.

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

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

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 contingent green space.

Personal Training & Swim Lessons
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

Follow us on Facebook!
@CHQFit
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.

Rates for Personal Services

### Personal Trainers

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

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

**Drew Hudson**  

**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.

**Nancy Vigliotti**  
ACE certified personal trainer and Group Fitness Instructor. Specializes in strength, conditioning, endurance and agility training. Available throughout the season by appointment.

### Rates for Personal Services

<table>
<thead>
<tr>
<th>Time/Session</th>
<th>1</th>
<th>5</th>
<th>10</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 minutes</td>
<td>$38</td>
<td>$180</td>
<td>$330</td>
</tr>
<tr>
<td>1 hour</td>
<td>$63</td>
<td>$305</td>
<td>$580</td>
</tr>
</tbody>
</table>

### Duets/Pairs (per person)

<table>
<thead>
<tr>
<th>Time/Session</th>
<th>1</th>
<th>5</th>
<th>10</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 minutes</td>
<td>$21</td>
<td>$100</td>
<td>$190</td>
</tr>
<tr>
<td>1 hour</td>
<td>$41</td>
<td>$200</td>
<td>$380</td>
</tr>
</tbody>
</table>

* By appointment only; based on availability  
* Both students must have the same ability and availability

Rates effective January 2, 2020

### Hours of Operation

**Chautauqua Health & Fitness at Turner Community Center:**  
Monday–Friday: 6 a.m.–8 p.m.  
Saturday: 7 a.m.–1 p.m.  
Sunday: 10 a.m.–3 p.m.

**Pool (Lap Swim/Open Swim):**  
Monday–Friday: 6:30–9 a.m. & 4:30–6:30 p.m.  
Saturday: 7–9 a.m.  
Sunday: 12–2 p.m.

**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**  