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.

Pricing and trainer availability is subject to change.
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.

Stephanie Bukowski
FiTour 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.

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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>

* By appointment only; based on availability
* Both students must have the same ability and availability
Rates effective January 2, 2020

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.

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