

GENTLE YOGA

This gentle hatha class is for all levels of experience. Jackie will guide you through postures that will stretch, energize and relax the body. Come and find balance in body, breath and mind.

Instructor: Jackie Ollinger
(Certified 500+ hour instructor with Integral yoga training)

Wednesdays | 9:30–10:30 a.m.
April 10–May 15, 2019 (6 wks)

\$35 for Members | \$50 for Non-Members
Single visit: \$8 Members | \$11 Non-Members

\$5 off if you purchase full package by March 25, 2019!

RESTORATIVE YOGA

The Restorative sequence of 4–5 poses supported by props such as blankets, bolsters, blocks, straps and sandbags allows you to completely relax and rest with lights dimmed and soft music playing. Wear loose, comfortable clothes and bring a cozy blanket. *Limited to 5 participants.*

Instructor: Jackie Ollinger
(Certified 500+ hour instructor with Integral yoga training)

Saturdays | 9:45–11:45 a.m.
April 13, May 4 and May 18, 2019

\$20 Members | \$25 Non-Members
(per 2-hour session)

MULTI-LEVEL YOGA

Enjoy getting a total body workout and better range of motion working every joint!

Instructor: Jackie Ollinger
(Certified 500+ hour instructor with Integral yoga training)

Wednesdays | 5:30–6:30 p.m.
April 10–May 15, 2019 (6 wks)

\$35 for Members | \$50 for Non-Members
Single visit: \$8 Members | \$11 Non-Members

\$5 off if you purchase full package by March 25, 2019!



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 week. If we do not have the required number of pre-registrants purchase the full package by the end of the first week, 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.

fitness.chq.org

CHAUTAUQUA HEALTH & FITNESS CENTER

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Spring Program Guide

April–May 2019

Early-bird pricing through March 25, 2019!

Chautauqua Health & Fitness

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

716.357.6430
fitnesscenter@chq.org



FITNESS.CHQ.ORG





TEAM MONACO

A small-group approach to full-body conditioning with everyone working at their own level.

Instructor: Julie Monaco
(NESTA Certified Personal Trainer)

Mondays & Wednesdays | 4:30–5:30 p.m.

Fridays | 3:45–4:45 p.m.

April 8–June 7, 2019 (7 wks)

No class April 15–26, May 6, 27 or June 3

\$110 for Members | \$155 for Non-Members

Single visit: \$8 Members | \$11 Non-Members

**\$5 off if you purchase full package by
March 25, 2019!**

WATER EXERCISE

Strengthen, tone and improve cardiovascular wellness in a joint-friendly environment. No swimming skills necessary.

Instructor: Deborah Funka (FiTour Certified Water Exercise Instructor)

Tuesdays & Thursdays | 9–10 a.m.

April 9–May 16, 2019 (6 wks)

\$45 for Members | \$65 for Non-Members

Single visit: \$5 Members | \$8 Non-Members

**\$5 off if you purchase full package by
March 25, 2019!**



INTERMEDIATE PILATES

Class is a combination of intermediate mat work and functional core stabilization.

Instructor: Kim Waldron
(Certified Stott Pilates® Instructor)

Tuesdays & Thursdays | 10:30–11:30 a.m.

April 9–May 16, 2019 (6 wks)

\$80 for Members | \$100 for Non-Members

Single visit: \$8 Members | \$11 Non-Members

**\$5 off if you purchase full package by
March 25, 2019!**

STRETCH, STRENGTH & RELAX

This is a physical rehabilitation class that reconnects you with your nervous system. It will reinvigorate your joints, reduce your chance of injury, improve balance, improve flexibility, strengthen your core, awaken your feet, free your hips, reacquaint you with your neck, you'll walk more freely and experience deep relaxation! This class has it all!

Instructor: Tina Newell (RN & LMT)

Tuesdays & Thursdays | 4:30–5:30 p.m.

April 9–May 16, 2019 (6 wks)

\$60 for Members | \$85 for Non-Members

Commitment needed as each class builds on the previous one.

**\$5 off if you purchase full package by
March 25, 2019!**



SPIN WITH THE DR. OF SPIN

A high-intensity, low-impact workout designed to enhance cardiovascular endurance and muscular strength.

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

Tuesdays & Thursdays | 6:30–7:30 a.m.

April 9–May 16, 2019 (6 wks)

\$70 for Members | \$100 for Non-Members

Single visit: \$8 Members | \$11 Non-Members

**\$5 off if you purchase full package by
March 25, 2019!**

RUSH HOUR

A high-intensity workout that includes cardio, strength and core movements using a variety of different training styles.

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

Mondays, Wednesdays & Fridays | 7–8 a.m.

April 8–May 17, 2019 (5 wks)

No class April 22, 24, 26 or 29

\$80 for Members | \$115 for Non-Members

Single visit: \$8 Members | \$11 Non-Members

**\$5 off if you purchase full package by
March 25, 2019!**