



Private Swim Instructors



Dr. Thomas J. Mann

Experienced Swim Instructor and Coach. Specializes in improving stroke technique and efficiency and competitive swim training.



(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.



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@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

May–August 2019

- 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 be at same level for training pairs

Rates effective May 12, 2019

Personal Trainers



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



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



Drew Hudson
 Board certified Athletic Trainer and NSCA Certified Personal Trainer. Specializes in sport-specific training and everyday functional fitness. Available throughout the season 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.



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



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



Pilates Reformer Trainers



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 Tuesdays and Thursdays only.



Hee Ra Yoo
 Experienced Pilates Instructor. Blends classical and contemporary pilates techniques for unique and effective exercise programs. Available throughout the season by appointment during Weeks Two–Eight.



Jennifer Nelsen
 Experienced Pilates Instructor, PMA – CPT. Has worked with post-surgery rehab clients to Olympic hopefuls. Holds certificate in Pilates for Breast Cancer. Available throughout the season 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.