

## Private Swim Instructors

### Chris Oliva

Experienced Swim Instructor. Specializes in fundamentals of swimming, stroke development and improvement with ages 5-10.

## Private Swim Lesson Rates

Number of Sessions	30 min.	1 hour pairs
1	\$26	\$52
2	\$52	\$104
3	\$78	\$156
4	\$104	\$208
5	\$130	\$260
6	\$150	\$300
7	\$170	\$340
8	\$190	\$380
9	\$210	\$420
10	\$230	\$460
11	\$250	\$500
12	\$270	\$540
13	\$295	\$580
14	\$310	\$620
15	\$330	\$660
16	\$350	\$700
17	\$370	\$740
18	\$390	\$780

\* By appointment only. Based on availability.



## 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 27 sessions purchased at once. Purchased sessions must be completed within 1 year of the purchase date. Sessions not used after 1 year of purchase may no longer be redeemed.

### Pairs Sessions

Two clients can share the hour with one instructor only if they are at the same skill level. Different skill levels must be at separate times at single rate each. Skill level is determined by the 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 trainers/instructors often schedule consecutive appointments, sessions must begin and end on time. If the client is late, the time will not be extended beyond the scheduled time. Sessions are to be conducted in/on Turner Community Center facilities and property.

# Personal Services Brochure

## January–May 2019

- Personal Training
- Small Group Personal 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 Training, Pilates Reformer and Nutrition Consultations

Number of Sessions	30 min.	1 hour	1 hour pairs
1	\$32	\$62	\$80
2	\$64	\$124	\$156
3	\$96	\$186	\$232
4	\$128	\$248	\$308
5	\$160	\$310	\$384
6	\$192	\$365	\$460
7	\$224	\$420	\$536
8	\$256	\$475	\$612
9	\$288	\$530	\$688
10	\$320	\$585	\$764
11	\$335	\$640	\$840
12	\$360	\$695	\$916
13	\$385	\$750	\$992
14	\$410	\$805	\$1,068
15	\$435	\$860	\$1,144
16	\$460	\$910	\$1,220
17	\$485	\$960	\$1,296
18	\$510	\$1,010	\$1,372
19	\$535	\$1,060	\$1,448
20	\$560	\$1,110	\$1,524
21	\$585	\$1,160	\$1,600
22	\$610	\$1,210	\$1,676
23	\$635	\$1,260	\$1,752
24	\$660	\$1,310	\$1,828
25	\$685	\$1,360	\$1,904
26	\$710	\$1,410	\$1,980
27	\$735	\$1,460	\$2,056

\* Maximum of 27 sessions purchased at once.  
 \* By appointment only. Based on availability.  
 \* Both students must be at same level for 1 hr. pairs

Rates effective Jan 1, 2018

## Personal Trainers

### Julie Monaco

NESTA Certified Personal Trainer. Uses a variety of techniques and exercises in both individual and small group settings.

### Stephanie Bukowski

FiTour Certified Personal Trainer, Core & Functional Fitness and Kickboxing Instructor. Works with individuals and small groups.

### Drew Hudson

Board certified Athletic Trainer and NSCA Certified Personal Trainer. Specializes in sport-specific training and everyday functional fitness.

### Carl Liuzzo

Holds bachelor's degree in fitness management. An experienced personal trainer having worked with all age groups. Clientele will learn not only the *how* of exercise but the *why* as well.



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## 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 & Thursdays only.

## Nutrition Consultant

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

