GENTLE YOGA
This gentle hatha class is for all levels of experience. You’ll be guided 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)
Mondays & Wednesdays | 9:30–10:30 a.m.
Jan. 13–March 18, 2020 (10 wks)
$117 for Members | $160 for Non-Members
Single visit: $8 Members | $12 Non-Members

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.
Saturdays | 9:45–11:45 a.m.
Jan. 18, Feb. 8 and March 7, 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.
Jan. 15–March 18, 2020 (10 wks)
$59 for Members | $80 for Non-Members
Single visit: $8 Members | $12 Non-Members

BEGINNER MAT PILATES WORKSHOP
Instructor: Kim Waldron
(Certified Stott Pilates® Instructor)
Saturday, Feb. 15 | 10–11 a.m.
$10 for Members | $14 for Non-Members
This Essential Pilates workshop is designed to be an introduction to the 5 basic principles of the Stott™ Pilates Method. Students will be guided through principles of core stabilization with particular emphasis on the importance of the breath to initiate and execute a variety of Essential level exercises.
The workshop will provide the foundation necessary for students interested in beginning a Pilates practice. Modifications will be provided for all exercises for those with specific physical limitations.
Take a step into your own autonomy and experience the difference this mind-body discipline can make in your life!

GROUP EXERCISE CLASSES
Winter 2020
Chautauqua Health & Fitness
Chautauqua Institution
P.O. Box 28
Route 394
Chautauqua, NY 14722
716.357.6430
fitnesscenter@chq.org
FITNESS.CHQ.ORG

Follow us on Facebook!
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**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.**  
Jan. 13–March 20, 2020 (10 wks)  
No class Jan. 20, 29, Feb. 17 and 26  
$152 for Members | $208 for Non-Members  
Single visit: $8 Members | $12 Non-Members

**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 | 6:30–7:30 a.m.**  
Jan. 13–March 20, 2020 (10 wks)  
No class Feb. 10, 12 and 14  
$158 for Members | $216 for Non-Members  
Single visit: $8 Members | $12 Non-Members

**WATER EXERCISE**

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

**Instructor:** Debbie Funka  
(FiTour Certified Water Exercise Instructor)

**Tuesdays & Thursdays | 9–10 a.m.**  
Jan. 14–March 19, 2020 (10 wks)  
$78 for Members | $120 for Non-Members  
Single visit: $6 Members | $9 Non-Members

**INTERMEDIATE PILATES**

This 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.**  
Jan. 14–March 19, 2020 (10 wks)  
$134 for Members | $180 for Non-Members  
Single visit: $9 Members | $13 Non-Members

**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 | 6:45–7:45 a.m.**  
Jan. 14–March 19, 2020 (9 wks)  
No class Feb. 25 and 27  
$105 for Members | $144 for Non-Members  
Single visit: $8 Members | $12 Non-Members

**RIDE**

Join our RIDE and have fun cruising and climbing into great shape with us. Nancy will guide you as you spin to fast paced music designed to improve your mood.

**Instructor:** Nancy Vigliotti  
(ACE Certified Personal Trainer, AFAA Certified Group Fitness Instructor)

**Tuesdays & Thursdays | 4–5 p.m.**  
Jan. 14–March 19, 2020 (10 wks)  
$100 for Members | $160 for Non-Members  
Single visit: $8 Members | $12 Non-Members

**TRISPINPLYO**

This class utilizes spin bikes for warming up, intervals, and cooling down. Plyometrics will be offered to build speed and power. Plyometrics are exercises that will enhance your overall well-being. Any level is invited!

**Instructor:** Cheryl Burns  
(FiTour Certified Indoor Cycling Instructor)

**Saturdays | 7:45–8:45 a.m.**  
January 18–March 21, 2020 (9 wks)  
No class Feb. 1 for indoor triathlon  
$75 for Members | $108 for Non-Members  
Single visit: $12 Members | $16 Non-Members

**TAI CHI**

Tai Chi is a gentle and mindful movement practiced with intention and focus that helps to bring balance and restore energy in the body. Jackie will lead you step by step into this ancient, slow-moving practice.

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

**Tuesdays & Thursdays | 9:15–10:15 a.m.**  
Jan. 14–March 19, 2020 (10 wks)  
$117 for Members | $160 for Non-Members  
Single visit: $8 Members | $12 Non-Members