

PADS CLASS

Ever felt like hitting or kicking something after work? Here's your opportunity to do so without getting into trouble for it. Enjoy overall body conditioning and improved well-being!

Instructor: Lanny Barmore
(Certified Black Belt Instructor)

Mondays & Wednesdays | 6–6:30 p.m.
January 14–March 20, 2019 (10 wks)

\$59 for Members | \$100 for Non-Members
Single visit: \$5 Members | \$8 Non-Members

TRAINING CAMP

A 30/60/90-second high-intensity interval class designed to get you the body you want in less time.

Instructors: Stephanie Bukowski (FiTour Certified Personal Trainer and Core & Functional Fitness Instructor) & **Lanny Barmore** (Certified Black Belt Instructor)

Mondays & Wednesdays | 5:15–5:45 p.m.
January 14–March 20, 2019 (10 wks)

\$80 for Members | \$120 for Non-Members
Single visit: \$6 Members | \$9 Non-Members

WATER EXERCISE

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

Co-Instructors: Nancy Jopek (FiTour Certified Water Exercise Instructor) with occasional subs **Meg Pickard** (ACE Certified Personal Trainer) & **Matt Swanz** (FiTour Aqua Instructor Certification)

Tuesdays & Thursdays | 9–10 a.m.
January 15–March 21, 2019 (10 wks)

\$70 for Members | \$105 for Non-Members
Single visit: \$5 Members | \$8 Non-Members

CHAUTAUQUA HEALTH & FITNESS CENTER

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.
January 16–March 20, 2019 (10 wks)
No class March 6

\$53 for Members | \$72 for Non-Members
Single visit: \$8 Members | \$11 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.*

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

Saturdays | 9:45–11:45 a.m.
January 19, February 9 and March 3, 2019

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

MULTI-LEVEL YOGA

Enjoy getting a total 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.
January 16–March 20, 2019 (10 wks)
No class March 6

\$53 for Members | \$72 for Non-Members
Single visit: \$8 Members | \$11 Non-Members

CHAUTAUQUA HEALTH & FITNESS CENTER



Winter Program Guide

January–March 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.
January 14–March 23, 2019 (10 wks)
No class January 21, February 4, 18 or March 4

\$152 for Members | \$208 for Non-Members
Single visit: \$8 Members | \$11 Non-Members

H.I.I.T THURSDAYS

Improve your cardiovascular fitness in this high-intensity interval training class. Build muscle and torch calories with body weight strength moves.

Thursdays | 7:30–8 a.m.
January 17–March 21, 2019 (10 wks)

\$30 for Members | \$50 for Non-Members
Single visit: \$5 Members | \$8 Non-Members

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

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.
January 15–March 21, 2019 (10 wks)

\$116 for Members | \$160 for Non-Members
Single visit: \$8 Members | \$11 Non-Members

TRISPINPLYO

A spin class that incorporates plyometric drills. You do NOT need to be a tri-athlete to participate. Cheryl modifies exercise to all levels of fitness.

Instructor: Cheryl Burns
(FiTour Certified Indoor Cycling Instructor)

Saturdays | 7:45–8:45 a.m.
January 19–March 16, 2019 (9 wks)
No class February 2 or 23

\$59 for Members | \$84 for Non-Members
Single visit: \$12 Members | \$15 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)

Mondays | 9:15–10:15 a.m.
January 14–March 18, 2019 (10 wks)
No class March 4

\$53 for Members | \$72 for Non-Members
Single visit: \$8 Members | \$11 Non-Members

RUSH HOUR

A high-intensity workout that includes warm-up, cool-down, and one-minute stations of cardio, core and full-body movements!

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

Mondays, Wednesdays & Fridays | 7–8 a.m.
January 14–March 22, 2019 (10 wks)

\$175 for Members | \$240 for Non-Members
Single visit: \$8 Members | \$11 Non-Members

TABATA TUESDAYS

This 30-minute high-intensity workout, consists of 4-minute intervals of fat-burning full-body strength moves — 8 rounds of 20-second all-out effort and 10-second rest periods — using body weight, core strength and dumb bells.

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

Tuesdays | 7:30–8 a.m.
January 15–March 19, 2019 (10 wks)

\$30 for Members | \$50 for Non-Members
Single visit: \$5 Members | \$8 Non-Members

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.
January 15–March 21, 2019 (10 wks)

\$115 for Members | \$160 for Non-Members
Single visit: \$8 Members | \$11 Non-Members