

CHAUTAUQUA HEALTH AND FITNESS SUMMER GROUP EXERCISE PROGRAM

Spin with the Dr. of Spin with Robert Berke

Tuesday & Thursday | 6:30–7:30 a.m.
July 2–Aug. 22 (8 weeks)

\$95 Members | \$128 Non-Members
Single Visit: \$8 Members | \$11 Non-Members
Space is limited — first come, first to spin.

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



Intermediate Pilates with Kim Waldron

Tuesday & Thursday | 10:30–11:30 a.m.
July 2–Aug. 22 (8 weeks)

\$107 Members | \$144 Non-Members
Single Visit: \$9 Members | \$12 Non-Members

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

Experienced Pilates participants only. Those new to Pilates are encouraged to secure Pilates personal training to advance your skills/knowledge before attempting an Intermediate-level class.

Competitive Swim Technique Clinic with Dr. Tom Mann

Tuesday & Thursday | 3–4 p.m.
July 9–Aug. 15 (6 weeks)

\$96 (6 week package) | \$24/week

This clinic will include learning the basic ("proper") competitive swim strokes and using current stroke techniques while building your endurance. For children and adults!

Rush Hour with Stephanie Bukowski

Monday, Wednesday & Friday
6:30–7:30 a.m.
July 1–Aug. 23 (8 weeks)

\$140 Members | \$192 Non-Members
Single Visit: \$8 Members | \$11 Non-Members

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

Multi-Level Yoga with Jackie Ollinger

Wednesdays | 5:30–6:30 p.m.
July 2–Aug. 22 (8 weeks)

\$48 Members | \$64 Non-Members
\$8 Members | \$11 Non-Members

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

Register at the fitness center desk or by calling 716.357.6430.

Turner Community Center, Route 394, Chautauqua, NY 14722