

**THE HOUSTONIAN CLUB
JULY 2015 CLUB SCHEDULE**

MONDAY

START	TIME	CLASS	LOCATION	INSTRUCTOR	KEY	COST	CONTACT
	5:30-6:00	360 Xpress	Studio 360	Matt Blackwell		\$	713.263.6525
	5:45-6:45	SwimFit-Distance	Sports Pool	Mark Hahn			713.263.6561
	5:45-6:45	Studio Cycle + Abs	Cycle Studio	Karen Klucznik			
	6:00-7:00	BARRE CODE	Studio C	Shanna Finucane			
	6:00-6:45	H.I.I.T. Me with Tabata	Basketball Court	Johnna McDaniel			
	6:00-7:00	Muscles	Studio A	Pam Roussell			
	6:30-7:15	Boot Camp	Performance Zone	Tim Lamando		\$	713.263.6518
	6:45-7:00	Amazing Abs	Basketball Court	Johnna McDaniel			
	7:20-8:20	Yoga Stretch	Studio B	Misha Laird			
	7:30-8:30	A-lotta Tabata	Studio A	Hardy Pollard			
	8:30-9:15	Rhythm Ride	Cycle Studio	Joei Didow			
	8:30-9:30	Yoga Body	Studio B	Achim Fassbender			
	8:35-9:40	Cardio Kickbox II	Studio A	Eran Malone			
	9:00-12:00	Summer Junior Tennis Camp	Tennis Center	Leo Contini		\$	713.685.6847
	9:00-12:00	Summer Padel, Swim and Tennis Camp	Tennis Center	Debbie Ladig		\$	713.685.6847
July 1-31	9:00-12:00	Jr. All Star Camp (Ages 3 & 4)	Basketball Court	Dom Anderson		\$	713.263.6595
June 29-July 3, July 6-10, July	9:00-12:00	Robotics Camp (Ages 5-12)	Racquetball Court #2	Dom Anderson		\$	713.263.6595
June 29- July 3 & July 20-24	9:00-12:00	Mad Science (Ages 5-12)	Racquetball Court #2	Dom Anderson		\$	713.263.6595
July 13-17	9:00-12:00	AbraKadoodle Camp (Ages 5-12)	Racquetball Court #1	Dom Anderson		\$	713.263.6595
July 6-10	9:00-12:00	AbraKadoodle Camp (Ages 3 & 4)	Racquetball Court #1	Dom Anderson		\$	713.263.6595
	9:00-10:00	SwimFit-Distance	Sports Pool	Mark Hahn			713.263.6561
	9:20-10:00	Abs-Xpress Weights	Studio C	Joei Didow			
	9:30-10:00	Liquid Weight Room (Seasonal)	Resort Pool	Linda Griffeth			713.685.6751
	9:30-11:30	COED Adult Summer Mini Tennis Camp	Tennis Center	Michael Caeg		\$	713.685.6847
	9:30-10:15	Joyride	Cycle Studio	Cathy Wertheimer			
	9:40-10:40	Yoga Heat	Studio B	Pam Roussell			
	9:45-10:55	Cutting EDGE	Studio A	Colleen Kennedy			
July 13-August 21	10:00-11:00	Revolution Shape Up	Indoor Track	Leslie Klaus		\$	713.263.6515
	10:00-11:00	360 Combo	Studio 360	Hardy Pollard		\$	713.685.7971
	10:10-11:00	Kick It Up	Sports Pool	Linda Griffeth			713.685.6751
	10:15-11:10	Cutting EDGE	Studio C	Joei Didow			
	10:20-11:00	Lengthen and Strengthen	Cycle Studio	Cathy Wertheimer			
	10:50-11:50	Inversions at the Wall	Studio B	Andrew Dugas			
July 13-August 21	11:00-12:00	Revolution Shape Up	Indoor Track	Leslie Klaus		\$	713.263.6515
	11:00-12:00	360 Combo	Studio 360	Hardy Pollard		\$	713.685.7971
	NEW 11:00-12:00	LaBlast®	Studio A	Houstonian Team			
	11:10-12:00	Splash Dance	Garden Pool	Linda Griffeth			713.685.6751
	11:15-12:00	Pilat-EASE	Cycle Studio	Cathy Wertheimer			
	11:15-12:00	Contemporary Pilates	Studio C	Melinda Grunewald			
	12:00-2:00	Summer Extended Tennis Camp	Tennis Center	Debbie Ladig		\$	713.685.6847
	12:00-1:00	SwimFit-Distance	Sports Pool	Mark Hahn			713.263.6561
	12:15-1:00	Core Motion	Studio A	Y.J.			
	12:20-1:05	Flexibility Solution	Studio C	Matt Blackwell			
July 1-31	12:30-3:30	Rock A Rim Basketball Camp (Ages 5-12)	Basketball Court	Dimitrios Carter		\$	713.263.6595
July 27-31	12:30-3:30	Mad Science (Ages 5-12)	Racquetball Court #2	Dom Anderson		\$	713.263.6595
July 6-10 & July 20-24	12:30-3:30	Recipe 4 Success Camp (Ages 5-12)	Racquetball Court #2	Dom Anderson		\$	713.263.6595
July 1-31	1:00-1:30	Splash Camp Orange (Ages 3 & 4)	Resort Pool	Savannah Thigpen		\$	713.685.6751
	1:15-2:15	Perfect Balance	Studio A	Kelley Bettis			
	1:30-2:25	Cutting EDGE	Studio C	Y.J.			
July 1-31	1:30-2:30	Splash Camp Blue (Ages 8 & 12)	Sports Pool	Savannah Thigpen		\$	713.685.6751
July 1-31	1:45-2:30	Splash Camp Red (Ages 5 & 7)	Resort Pool	Savannah Thigpen		\$	713.685.6751
	2:00-3:00	BlueFins Blue Team (Ages 5-6)	Sports Pool	Mark Hahn		\$	713.263.6560
July 13	2:30-3:30	Voyager Social	Boardroom	Blair Harmon			713.263.6536
	2:30-3:15	Just for Men	Studio A	Matt Blackwell			
Begins July 6	NEW 4:30-5:30	Dolphins Fitness Swim Ages 7-14	Sports Pool	Victoria Bahr		\$	713.685.6751
	5:00-5:45	Classic Pilates	Studio C	Melinda Grunewald			
	5:00-5:30	360 Combo	Studio 360	Matt Blackwell		\$	713.263.6525
	5:30-6:15	Studio Cycle	Cycle Studio	Chad Neal			
	6:00-6:45	mini BARRE	Studio C	Melody Allen			
	6:00-7:30	Monday Night Men's Tennis Drills	Tennis Center	Leo Contini		\$	713.685.6847
	6:00-7:00	Yoga Heat	Studio B	Andrew Dugas			
	6:00-7:00	Cutting EDGE	Studio A	Regina D'Angio			
	6:00-6:50	Pilates Reformer Combo	Pilates Studio	Frances Caron		\$	713.685.6855
	6:00-7:00	SwimFit- Beginner and Triathlete	Sports Pool	Mark Hahn			713.263.6561
	7:10-8:10	Yoga Therapy	Studio B	Andrew Dugas			

TUESDAY

START	TIME	CLASS	LOCATION	INSTRUCTOR	KEY	COST	CONTACT
	By Apt	Knockout Training	Boxing Studio	Jesse Montemayor		\$ 713.316.2716	
	By Apt	Fitness Orientations	Fitness Center	Fitness Service Agents/ PT		713.316.2716	
	5:30-6:15	Boot Camp	Meadow/Performance Zo	Bob Talamini		\$ 713.263.6532	
	5:45-6:45	SwimFit-Middle Distance	Sports Pool	Joshua Bagby		713.263.6564	
	5:45-6:30	Studio Cycle	Cycle Studio	Leslie Zizinia			
	6:00-7:00	Kettle Bell	Meadow/Performance Zo	Sean Cashman		\$ 713.263.6502	
	6:00-7:00	Drill Max	Studio A	Regina D'Angio			
	6:15-7:00	Cardio 360	Studio 360	Hardy Pollard		\$ 713.685.7971	
	6:35-7:05	Xpress Weights	Studio C	Leslie Zizinia			
	7:30-8:15	VideoSpin	Cycle Studio	Hardy Pollard			
	7:20-8:20	Yoga Flow	Studio B	Kat Axmann			
	7:45-8:30	Burn Baby Burn	Studio A	Johnna McDaniel			
	8:35-9:30	Core Motion	Studio A	Melissa Shippy			
	8:35-9:30	Pilates Core Control	Studio C	Leslie Zizinia			
	8:30-9:20	Yoga Heat	Studio B	Joy Winkler			
	9:00-12:00	Summer Junior Tennis Camp	Tennis Center	Leo Contini		\$ 713.685.6847	
	9:00-12:00	Summer Padel, Swim and Tennis Camp	Tennis Center	Debbie Ladig		\$ 713.685.6847	
July 1-31	9:00-12:00	Jr. All Star Camp (Ages 3 & 4)	Basketball Court	Dom Anderson		\$ 713.263.6595	
June 29-July 3, July 6-10, July	9:00-12:00	Robotics Camp (Ages 5-12)	Racquetball Court #2	Dom Anderson		\$ 713.263.6595	
June 29- July 3& July 20-24	9:00-12:00	Mad Science (Ages 5-12)	Racquetball Court #2	Dom Anderson		\$ 713.263.6595	
July 13-17	9:00-12:00	AbraKadoodle Camp (Ages 5-12)	Racquetball Court #1	Dom Anderson		\$ 713.263.6595	
July 6-10	9:00-12:00	AbraKadoodle Camp (Ages 3 & 4)	Racquetball Court #1	Dom Anderson		\$ 713.263.6595	
	9:00-9:45	Studio Cycle	Cycle Studio	Karen Klucznik			
	9:00-10:00	360 Combo	Studio 360	Matt Blackwell		\$ 713.263.6525	
	9:30-11:30	COED Adult Summer Mini Tennis Camp	Tennis Center	Michael Caeg		\$ 713.685.6847	
	9:30-11:00	Women's Beg/Intermediate Tennis Clinic	Tennis Center	Chris Morehouse		\$ 713.685.6847	
	9:30-10:15	H-45 Xtreme	Basketball Court	Hardy Pollard			
	9:35-10:50	Urban Rebounding	Studio A	Eran Malone			
	9:30-10:30	Sensuale'	Studio B	Maria Kelly			
	9:45-10:30	K.A.R.B.	Studio C	Melissa Shippy			
July 13-August 21	10:00-11:30	Revolution Shape Up	Indoor Track	Leslie Klaus		\$ 713.263.6515	
	10:00-10:30	Kettlebell 360	Studio 360	Sean Cashman		\$ 713.263.6502	
	10:00-10:45	Voyager Cycle	Cycle Studio	Kelley Bettis			
	10:40-11:20	"Just Weights"	Studio C	Joel Didow			
	10:40-11:40	Yoga Flow	Studio B	Marizol Cabrera			
	11:00-12:00	360 Combo	Studio 360	Hardy Pollard		\$ 713.685.7971	
NEW	11:00-11:45	MOVE	Studio A	Kim Kilway			
	11:50-12:20	Yoga Therapy (All Balls Self-Massage on May 5)	Studio B	Misha Laird		713.685.6721	
NEW	11:50-12:40	Dance the Step	Studio A	Colleen Kennedy			
	12:00-1:00	Studio Cycle	Cycle Studio	Frances Caron			
	12:00-2:00	Summer Extended Tennis Camp	Tennis Center	Debbie Ladig		\$ 713.685.6847	
	12:30-1:15	Tread Burn	Fitness Center	Andrew Chaddick		\$ 713.263.6505	
July 1-31	12:30-3:30	Rock A Rim Basketball Camp (Ages 5-12)	Basketball Court	Dimitrios Carter		\$ 713.263.6595	
July 27-31	12:30-3:30	Mad Science (Ages 5-12)	Racquetball Court #2	Dom Anderson		\$ 713.263.6595	
July 6-10 & July 20-24	12:30-3:30	Recipe 4 Success Camp (Ages 5-12)	Racquetball Court #2	Dom Anderson		\$ 713.263.6595	
	12:45-1:30	Begin With Muscles	Studio A	Kelley Bettis		713.685.6721	
	12:30-1:30	Yoga Stretch	Studio B	Misha Laird			
	12:30-1:00	Teen 360 Summer Fitness	Studio 360	Matt Blackwell		\$ 713-263-6525	
	1:30-2:00	Meditation	Studio B	Misha Laird			
July 1-31	1:00-1:30	Splash Camp Orange (Ages 3 & 4)	Resort Pool	Savannah Thigpen		\$ 713.685.6751	
July 1-31	1:30-2:30	Splash Camp Blue (Ages 8 & 12)	Sports Pool	Savannah Thigpen		\$ 713.685.6751	
July 1-31	1:45-2:30	Splash Camp Red (Ages 5 & 7)	Resort Pool	Savannah Thigpen		\$ 713.685.6751	
Begins July 6	NEW 4:30-5:30	Dolphins Fitness Swim Ages 7-14	Sports Pool	Victoria Bahr		\$ 713.685.6751	
	4:15-4:45	Teen 360 Co-Ed	Studio 360	Matt Blackwell		\$ 713.263.6525	
	5:00-10:00	Intermediate to Advanced Padel Drop In	Padel Courts	Mike May		713.685.6847	
	5:00-6:00	Yoga Heat	Studio B	Y.J.			
July 13-August 21	5:30-7:00	Revolution Shape Up	Indoor Track	Leslie Klaus		\$ 713.263.6515	
	5:30-6:15	Studio Cycle	Cycle Studio	Natalie Scott			
	5:30-6:10	"Just Weights"	Studio A	Joel Didow			
	5:45-6:35	Pilates for Athletes	Studio C	Kim Kilway			
	6:15-7:00	Core Performance	Studio A	Y.J.			
	6:15-7:15	Classic Pilates	Studio B	Erik Johnson			
	6:30-8:00	CO-ED Advanced Tennis Drills	Tennis Center	Chris Morehouse		\$ 713.685.6847	


































WEDNESDAY

START	TIME	CLASS	LOCATION	INSTRUCTOR	KEY	COST	CONTACT
	By Apt	Knockout Training	Boxing Studio	Jesse Montemayor		\$	713.316.2716
	5:30-6:00	360 Xpress	Studio 360	Matt Blackwell		\$	713.263.6525
	5:45-6:45	SwimFit IM/Mid Dist.	Sports Pool	Mark Hahn			713.263.6561
	5:45-6:45	Cycle Tech	Cycle Studio	Lisa Rainey			
	6:00-7:00	360 Combo	Studio 360	Hardy Pollard		\$	713.685.7971
	6:00-7:00	H.I.I.T. & Run	Basketball Court	Johnna McDaniel			
	6:00-7:00	Yoga Flow	Studio B	Marizol Cabrera			
	6:00-7:00	Cutting EDGE	Studio A	Shanna Finucane			
	6:30-7:15	Boot Camp	Performance Zone	Tim Lamando		\$	713.263.6518
	7:00-7:45	Studio Cycle	Cycle Studio	Eran Malone			
	7:20-8:05	mini BARRE	Studio C	Shanna Finucane			
	7:20-8:20	Yoga Stretch	Studio B	Andrew Dugas			
	7:45-8:25	Muscles	Studio A	Pam Roussell			
	8:30-9:30	Yoga Body	Studio B	Rie Congelio			
	8:30-9:15	One & Done	Cycle Studio	Joel Didow			
	8:30-9:30	Cutting EDGE	Studio A	Cathy Wertheimer			
	9:00-12:00	Summer Junior Tennis Camp	Tennis Center	Leo Contini		\$	713.685.6847
	9:00-12:00	Summer Padel, Swim and Tennis Camp	Tennis Center	Debbie Ladig		\$	713.685.6847
July 1-31	9:00-12:00	Jr. All Star Camp (Ages 3 & 4)	Basketball Court	Dom Anderson		\$	713.263.6595
June 29-July 3, July 6-10, July	9:00-12:00	Robotics Camp (Ages 5-12)	Racquetball Court #2	Dom Anderson		\$	713.263.6595
June 29- July 3& July 20-24	9:00-12:00	Mad Science (Ages 5-12)	Racquetball Court #2	Dom Anderson		\$	713.263.6595
July 13-17	9:00-12:00	AbraKadoodle Camp (Ages 5-12)	Racquetball Court #1	Dom Anderson		\$	713.263.6595
July 6-10	9:00-12:00	AbraKadoodle Camp (Ages 3 & 4)	Racquetball Court #1	Dom Anderson		\$	713.263.6595
	9:00-10:00	360 Combo	Studio 360	Hardy Pollard		\$	713.685.7971
	9:00-9:45	ViPRow	Basketball Court	Karen & Matt			
	10:00-11:30	3.5 to 4.0 Ladies Indoor Tennis League	Tennis Center	Chris Morehouse		\$	713.685.6847
	9:00-10:00	SwimFit IM/Mid Dist.	Sports Pool	Mark Hahn			
	9:20-10:00	Xpress Weights	Studio C	Joel Didow			
	9:30-11:30	COED Adult Summer Mini Tennis Camp	Tennis Center	Michael Caeg		\$	713.685.6847
	9:30-10:00	Liquid Power Walk (Seasonal)	Resort Pool	Linda Griffeth			713.685.6751
	9:40-10:40	Yoga Flow	Studio B	Marizol Cabrera			
	9:40-10:50	Kick Mix	Studio A	Melissa Shippy			
	9:45-10:30	Pilat-EASE	Cycle Studio	Cathy Wertheimer			
July 13-August 21	10:00-11:00	Revolution Shape Up	Indoor Track	Leslie Klaus		\$	713.263.6515
	10:10-11:00	Hydro Boot Camp	Sports Pool	Linda Griffeth			713.685.6751
	10:10-11:00	Contemporary Pilates	Studio C	Maria Kelly			
	10:50-11:50	Yoga Therapy	Studio B	Andrew Dugas			
July 13-August 21	11:00-12:00	Revolution Shape Up	Indoor Track	Leslie Klaus		\$	713.263.6515
	11:00-12:00	360 Combo	Studio 360	Kim Kilway		\$	713.685.6751
	12:00-1:00	Yoga Lab	Studio B	Robert Boustany			
	11:00-12:00	Basketball Exercise	Basketball Court	Ember Ormsby			713.685.6721
NEW	11:00-12:00	Biker BARRE	Cycle Studio	Eran Malone			
	11:10-12:00	Cutting EDGE	Studio C	Melissa Shippy			
	12:00-2:00	Summer Extended Tennis Camp	Tennis Center	Debbie Ladig		\$	713.685.6847
NEW	12:15-1:00	African Dance	Studio C	Melody Allen			
	12:15-1:00	Burn Baby Burn	Studio A	Mitzi Ruff			
July 1-31	12:30-3:30	Mad Science (Ages 5-12)	Racquetball Court #2	Dom Anderson		\$	713.263.6595
July 27-31	12:30-3:30	Recipe 4 Success Camp (Ages 5-12)	Racquetball Court #2	Dom Anderson		\$	713.263.6595
July 6-10 & July 20-24	12:30-3:30	Rock A Rim Basketball Camp (Ages 5-12)	Basketball Court	Dimitrios Carter		\$	713.263.6595
	1:15-2:00	Voyager Corepole	Studio A	Mitzi Ruff			
July 1-31	1:00-1:30	Splash Camp Orange (Ages 3 & 4)	Resort Pool	Savannah Thigpen		\$	713.685.6751
July 1-31	1:30-2:30	Splash Camp Blue (Ages 8 & 12)	Sports Pool	Savannah Thigpen		\$	713.685.6751
July 1-31	1:45-2:30	Splash Camp Red (Ages 5 & 7)	Resort Pool	Savannah Thigpen		\$	713.685.6751
Begins July 6	NEW 4:30-5:30	Dolphins Fitness Swim Ages 7-14	Sports Pool	Victoria Bahr		\$	713.685.6751
	NEW 5:30-6:15	Studio Cycle	Cycle Studio	Karen Klucznik			
	5:30-6:15	K.A.R.B.	Studio C	Eran Malone			
July 8 and 22	5:30-6:30	GEO (Group Exercise Orientation)	Studio A	Kelley Bettis			713.685.6855
	6:00-7:00	Cardio Kickbox I	Studio A	Ben Roberson			
	6:00-6:50	Pilates Reformer	Pilates Studio	Frances Caron		\$	713.685.6855
	6:00-7:00	Yoga Heat	Studio B	Achim Fassbender			
	6:00-7:00	SwimFit Beginner and Triathlete	Sports Pool	Randy Kasir		\$	713.263.6561
	6:30-7:30	Co-ed Padel Drills All Levels	Padel Courts	Nikki Lieu		\$	713.685.6847
	6:30-7:15	LaBlast®	Studio C	Bry Roby			
	6:30-7:15	Studio Cycle	Cycle Studio	Melissa or Kelley			
	7:10-8:10	Yoga Stretch	Studio B	Achim Fassbender			







THURSDAY

START	TIME	CLASS	LOCATION	INSTRUCTOR	KEY	COST	CONTACT
	By Apt	Knockout Training	Boxing Studio	Jesse Montemayor		\$ 713.316.2716	
	5:30-6:15	Boot Camp	Meadow/Performance Zo	Bob Talamini		\$ 713.263.6532	
	5:45-6:45	SwimFit-Middle Distance	Sports Pool	Joshua Bagby			
	5:45-6:30	Cycle Tech	Cycle Studio	Leslie Zizinia			
	6:00-7:00	Kettle Bell	Meadow/Performance Zo	Sean Cashman		\$ 713.685.6502	
	6:00-7:00	Classic Pilates	Studio B	Erik Johnson			
	6:00-7:00	Cardio Kickbox I	Studio A	Ben Roberson			
	6:15-7:00	Cardio 360	Studio 360	Hardy Pollard		\$ 713.263.6532	
	6:35-7:15	"Just Weights"	Studio C	Leslie Zizinia			
	7:20-8:20	Yoga Body	Studio B	Vanessa Mock			
	7:30-8:25	Core Performance	Studio A	Shanna Finucane			
	8:00-8:30	Kettlebell 360	Studio 360	Sean Cashman		\$ 713.263.6502	
	8:00-9:00	SwimFit-Distance	Sports Pool	Joshua Bagby			
	8:30-9:15	Cycle Tech	Cycle Studio	Matt Blackwell			
	8:30-9:35	Cardioga	Studio C	Pam Roussell			
	8:35-9:20	K.A.R.B.	Studio A	Leslie Zizinia			
	9:00-12:00	Summer Junior Tennis Camp	Tennis Center	Leo Contini		\$ 713.685.6847	
	9:00-12:00	Summer Padel, Swim and Tennis Camp	Tennis Center	Debbie Ladig		\$ 713.685.6847	
July 1-31	9:00-12:00	Jr. All Star Camp (Ages 3 & 4)	Basketball Court	Dom Anderson		\$ 713.263.6595	
June 29-July 3, July 6-10, July	9:00-12:00	Robotics Camp (Ages 5-12)	Racquetball Court #2	Dom Anderson		\$ 713.263.6595	
June 29- July 3& July 20-24	9:00-12:00	Mad Science (Ages 5-12)	Racquetball Court #2	Dom Anderson		\$ 713.263.6595	
July 13-17	9:00-12:00	AbraKadoodle Camp (Ages 5-12)	Racquetball Court #1	Dom Anderson		\$ 713.263.6595	
July 6-10	9:00-12:00	AbraKadoodle Camp (Ages 3 & 4)	Racquetball Court #1	Dom Anderson		\$ 713.263.6595	
	9:25-10:10	Sizzle	Studio A	Y.J.			
	9:30-10:30	Studio Cycle	Cycle Studio	Hardy Pollard			
	9:30-11:30	COED Adult Summer Mini Tennis Camp	Tennis Center	Michael Caeg		\$ 713.685.6847	
	9:30-10:00	360 Xpress	Studio 360	Matt Blackwell		\$ 713.685.7971	
	9:45-10:45	UgiCircuit	Basketball Court	Eran Malone			
	9:50-10:30	"Just Weights"	Studio C	Melissa Shippy			
July 13-August 21	10:00-11:30	Revolution Shape Up	Indoor Track	Leslie Klaus		\$ 713.263.6515	
	10:00-11:10	Yoga Heat	Studio B	Pam Roussell			
	10:00-10:30	360 Xpress	Studio 360	Matt Blackwell		\$ 713.263.6525	
	NEW 10:15-11:00	Contemporary Jazz	Studio A	Stacy Skolnik			
	10:40-11:25	Pump	Studio C	Mitzi Ruff			
	10:45-11:30	Cardio for Life	Basketball Court	Cathy Wertheimer			
	11:05-11:45	Ugi Pilates	Studio A	Kim or Maria			
	11:00-12:00	360 Combo	Studio 360	Hardy Pollard		\$ 713.685.7971	
	11:30-12:00	Training Wheels	Cycle Studio	Melissa or Kelley			
	11:30-12:30	Yoga Therapy	Studio B	Achim Fassbender			
	11:50-12:35	miniBARRE	Studio A	Cathy Wertheimer			
	12:00-2:00	Summer Extended Tennis Camp	Tennis Center	Debbie Ladig		\$ 713.685.6847	
	12:00-12:45	Pilates Mid-Day	Studio C	Frances Caron			
	12:00-12:45	Studio Cycle	Cycle Studio	Krystyn Prasarn			
July 1-31	12:30-3:30	Mad Science (Ages 5-12)	Racquetball Court #2	Dom Anderson		\$ 713.263.6595	
July 27-31	12:30-3:30	Recipe 4 Success Camp (Ages 5-12)	Racquetball Court #2	Dom Anderson		\$ 713.263.6595	
July 6-10 & July 20-24	12:30-3:30	Rock A Rim Basketball Camp (Ages 5-12)	Basketball Court	Dimitrios Carter		\$ 713.263.6595	
	12:30-1:00	Teen 360 Summer Fitness	Studio 360	Matt Blackwell		\$ 713-263-6525	
	12:30-1:15	Tread Burn	Fitness Center	Andrew Chaddick		\$ 713.263.6505	
	12:40-1:10	Meditation	Studio B	Achim Fassbender			
	12:45-1:45	Begin With Muscles	Studio A	Mitzi Ruff		713.685.6721	
July 1-31	1:00-1:30	Splash Camp Orange (Ages 3 & 4)	Resort Pool	Savannah Thigpen		\$ 713.685.6751	
July 1-31	1:30-2:30	Splash Camp Blue (Ages 8 & 12)	Sports Pool	Savannah Thigpen		\$ 713.685.6751	
July 1-31	1:45-2:30	Splash Camp Red (Ages 5 & 7)	Resort Pool	Savannah Thigpen		\$ 713.685.6751	
Begins July 6	NEW 4:30-5:30	Dolphins Fitness Swim Ages 7-14	Sports Pool	Victoria Bahr		\$ 713.685.6751	
	5:00-5:50	Yoga Body	Studio B	Marizol Cabrera			
July 13-August 21	5:30-7:00	Revolution Shape Up	Indoor Track	Leslie Klaus		\$ 713.263.6515	
	5:30-6:15	Studio Cycle	Cycle Studio	Lisa Rainey			
	5:30-6:10	"Just Weights"	Studio A	Joel Didow			
	NEW 5:30-6:15	Cardio Hip Hop	Studio C	Bry Roby			
	6:00-7:00	Power Yoga	Studio B	Kat Axmann			
	6:15-7:15	Classic Pilates	Studio C	Erik Johnson			
	6:15-6:45	Dirty Thirty	Studio A	Joel Didow			
	7:10-8:10	Yoga Stretch	Studio B	Kat Axmann			
	7:30-9:00	Intermediate Co-Ed Tennis Clinic	Tennis Center	Chris Morehouse		\$ 713.685.6847	

FRIDAY

START	TIME	CLASS	LOCATION	INSTRUCTOR	KEY	COST	CONTACT
May 8-Aug. 7		90-Day Wellness & Lifestyle Challenge Begins	Fitness Center	Blair Harmon		\$ 713.263.6536	
	By Apt	Knockout Training	Boxing Studio	Jesse Montemayor		\$ 713.316.2716	
	5:30-6:00	360 Xpress	Studio 360	Matt Blackwell		\$ 713.263.6525	
	5:45-6:30	VideoSpin	Cycle Studio	Hardy Pollard			
	5:45-6:45	SwimFit Mid Distance/Sprints	Sports Pool	Mark Hahn			
	6:00-7:00	Muscles	Studio A	Regina D'Angio			
	6:10-7:10	Yoga Heat	Studio B	Kat Axmann			
	6:30-7:15	Boot Camp	Meadow	Tim Lamando		\$ 713.263.6518	
	6:35-7:15	20/20	Studio C	Hardy Pollard			
	7:30-8:25	Pump	Studio A	Shanna Finucane			
	8:30-9:30	Muscles	Studio A	Hardy Pollard			
	8:30-9:30	BARRE Blend	Studio C	Leslie Zizinia			
	8:30-9:30	Yoga Body	Studio B	Rie Congelio			
	9:00-12:00	Summer Junior Tennis Camp	Tennis Center	Leo Contini		\$ 713.685.6847	
	9:00-12:00	Summer Padel, Swim and Tennis Camp	Tennis Center	Debbie Ladig		\$ 713.685.6847	
July 1-31	9:00-12:00	Jr. All Star Camp (Ages 3 & 4)	Basketball Court	Dom Anderson		\$ 713.263.6595	
June 29-July 3, July 6-10, July	9:00-12:00	Robotics Camp (Ages 5-12)	Racquetball Court #2	Dom Anderson		\$ 713.263.6595	
June 29- July 3& July 20-24	9:00-12:00	Mad Science (Ages 5-12)	Racquetball Court #2	Dom Anderson		\$ 713.263.6595	
July 13-17	9:00-12:00	Abakadoodle Camp (Ages 5-12)	Racquetball Court #1	Dom Anderson		\$ 713.263.6595	
July 6-10	9:00-12:00	Abakadoodle Camp (Ages 3 & 4)	Racquetball Court #1	Dom Anderson		\$ 713.263.6595	
	9:00-10:00	SwimFit Mid Distance/Sprints	Sports Pool	Mark Hahn			
	9:00-9:30	Cross 360	Studio 360	Matt Blackwell		\$ 713.263.6525	
	10:00-11:30	Ladies 3.5 Level/ Up, Tennis Clinic	Tennis Center	Chris Morehouse		\$ 713.685.6847	
	9:30-10:15	Joyride	Cycle Studio	Melissa Shippy			
	9:30-10:00	AquaTrex (Seasonal)	Resort Pool	Svetlana Munoz		713.685.6751	
	9:35-10:30	BARRE CODE	Studio C	Kim or Maria			
	9:35-10:40	XLR8	Studio A	Eran Malone			
	9:40-10:40	Yoga Bootcamp	Studio B	Marizol Cabrera			
July 13-August 21	10:00-11:00	Revolution Shape Up	Indoor Track	Leslie Klaus		\$ 713.263.6515	
	10:10-11:00	WaterWorX	Sports Pool	Svetlana Munoz		713.685.6751	
	10:00-11:00	360 Combo	Studio 360	Hardy Pollard		\$ 713.685.7971	
	10:45-11:30	Contemporary Pilates	Studio A	Cathy Wertheimer			
	10:45-11:30	Voyager Cycle	Cycle Studio	Kelley Bettis		713.685.6721	
	10:45-11:30	Muscles	Studio C	Melissa Shippy			
	10:50-12:10	Specialty Yoga Class	Studio B	Achim Fassbender			
July 13-August 21	11:00-12:00	Revolution Shape Up	Indoor Track	Leslie Klaus		\$ 713.263.6515	
	11:00-12:00	Basketball Exercise	Basketball Court	Coach D		713.685.6721	
	11:45-12:25	Perfect Balance	Studio C	Kelley Bettis			
NEW	11:45-12:45	LaBlast®	Studio A	Houstonian Team			
	12:00-2:00	Summer Extended Tennis Camp	Tennis Center	Debbie Ladig		\$ 713.685.6847	
	12:00-1:00	SwimFit Mid Distance/Sprints	Sports Pool	Mark Hahn		713.263.6561	
	12:00-12:30	Kinesis Konnection	Studio 360	Maria Kelly		\$ 713.685.6934	
July 1-31	12:30-3:30	Mad Science (Ages 5-12)	Racquetball Court #2	Dom Anderson		\$ 713.263.6595	
July 27-31	12:30-3:30	Recipe 4 Success Camp (Ages 5-12)	Racquetball Court #2	Dom Anderson		\$ 713.263.6595	
July 6-10 & July 20-24	12:30-3:30	Rock A Rim Basketball Camp (Ages 5-12)	Basketball Court	Dimitrios Carter		\$ 713.263.6595	
July 1-31	1:00-1:30	Splash Camp Orange (Ages 3 & 4)	Resort Pool	Savannah Thigpen		\$ 713.685.6751	
July 1-31	1:30-2:30	Splash Camp Blue (Ages 8 & 12)	Sports Pool	Savannah Thigpen		\$ 713.685.6751	
July 1-31	1:45-2:30	Splash Camp Red (Ages 5 & 7)	Resort Pool	Savannah Thigpen		\$ 713.685.6751	
Begins July 6	NEW 4:30-5:30	Dolphins Fitness Swim Ages 7-14	Sports Pool	Victoria Bahr		\$ 713.685.6751	
	NEW 5:50-6:50	Yoga Stretch	Studio B	Andrew Dugas			
	6:00-7:00	Yoga Heat	Studio B	Andrew Dugas			

SATURDAY

START	TIME	CLASS	LOCATION	INSTRUCTOR	KEY	COST	CONTACT
	7:00-8:00am	Muscles	Studio A	Tonya Robinson			
	7:30-8:30	Studio Cycle	Cycle Studio	Hardy Pollard			
	7:30-10:00	Men's 3.5 to 4.0 Level Tennis Drop In	Tennis Center	Mike May		\$ 713.685.6847	
	7:30-8:30	Yoga Flow	Studio B	Marizol Cabrera			
	8:00-9:30	High Energy Cardio, Core and More	Resort Pool	Donna Barnett		713.685.6751	
	8:10-9:15	Core Performance	Studio A	Shanna Finucane			
	8:15-9:30	SwimFit-Distance	Sports Pool	Victoria Bahr		713.263.6564	
	8:30-9:15	Cardioga	Studio C	Johnna McDaniel			
	8:40-9:30	Yoga Therapy	Studio B	Andrew Dugas			
	8:45-9:45	360 Combo	Studio 360	Hardy Pollard		\$ 713.685.7971	
	9:00-11:00	CO-ED Padel Drop In	Padel Courts	Mike May		713.685.6847	
	9:00-10:00	Studio Cycle	Cycle Studio	Natalie Scott			
	10:05-10:50	Everybody DANCE	Studio A	Bob Luna			

	9:20-10:00	"Just Weights"	Studio A	Johnna McDaniel		
	9:25-10:15	miniBARRE	Studio C	Melinda Grunewald		
	9:40-10:30	Yoga Therapy	Studio B	Andrew Dugas		
	10:00-11:30	Women's Advanced Tennis Clinic	Tennis Center	Chris Morehouse		\$ 713.685.6847
	10:40 -11:30	Classic Pilates	Studio B	Erik Johnson		
	10:00-11:00	360 Combo	Studio 360	Hardy Pollard		\$ 713.685.7971
	10:30-11:30	Pilates for the Everyday Athlete	Studio C	Kim Kilway		
	10:30-11:30	Studio Cycle	Cycle Studio	Chad Neal		
	10:55-12:10	Old Skool Kardio	Studio A	Erin Malone		
	11:40-12:40	Yoga Body	Studio B	Achim Fassbender		
	11:45-12:30	Muscles	Studio C	Cathy Wertheimer		
	11:45-12:30	Studio Cycle	Cycle Studio	Annette Kiider		
July 4 Pool Party!	12:00-4:00	4th of July Pool Party: Live Music, WiBit Races	Resort and Sports Pools	Carl Thomas		713.685.6724
July 4 Party!	12:00-2:00	Rock Climb Complimentary Day	Rock Wall	By Appt.		713.316.2754
	12:50-1:50	Yoga Heat	Studio B	Larry Tharn		
	1:00-3:00	Team Tennis Practice (Intermediate to Advanced - Age	Tennis Courts	Leo Contini		\$ 713.685.6847
	1:00-4:00	QuickStart Tennis, Level 1 and Level 3	Tennis Center	Debbie Ladig		\$ 713.685.6847

SUNDAY

START	TIME	CLASS	LOCATION	INSTRUCTOR	KEY	COST	CONTACT
NEW	9:00-10:00	Dance the Step	Studio A	Ben Roberson			
	9:00-10:00	Contemporary Pilates	Studio C	Erik Johnson			
	9:00-10:00	SwimFit-Distance	Sports Pool	Mark Hahn			
	9:30-10:30	Studio Cycle	Cycle Studio	Andrea or Lisa			
	10:15-11:00	mini BARRE	Studio A	Melissa Shippy			
	10:20-11:20	Yoga Stretch	Studio B	Misha Laird			
	10:30-11:30	Pilates Equipment Class	Pilates Studio	Erik Johnson			
	10:45-11:30	Shockwave	Basketball Court	Regina D'Angio			
	10:45-11:30	Studio Cycle	Cycle Studio	Joei or Andrea			
NEW	11:15-12:15	Cardio Dance Mash-Up	Studio A	Melody or YJ			
	11:30-12:50	Yoga Heat	Studio B	Misha Laird			
	11:35-12:25	Pilates Equipment Class	Pilates Studio	Erik Johnson			
	11:40-12:10	Xpress Weights	Studio C	Joei or Andrea			
	3:30-4:30	Power Yoga	Studio B	Achim Fassbender			
	3:45-4:45	Cutting EDGE	Studio A	Tonya Robinson			
	4:40-5:40	Yoga Therapy	Studio B	Andrew Dugas			



CLASS KEY

- Registration Required**
- Fee Based Classes**
- Voyager**
- 12-14 yrs. can attend with parent**
- Time Change**



DEPARTMENT INFORMATION

- Aquatics** 713.685.6751
- Fitness** 713.316.2716
- Group Exercise** 713.685.6855
- Racquet Sports** 713.685.6847
- Youth** 713.685.7912

Bolded items occur on the date listed only
The schedule is subject to change without notice

