

HOUSTONIAN SYNERGY STUDIO

/ˈsɪnərjē/

*An interaction or cooperation
giving rise to a whole
that is greater than the
simple sum of its parts.*



The newest addition to The Houstonian Group Ex Program.

Our Synergy Studio offers a variety of innovative and energetic small group classes utilizing the Pilates Reformer.

The studio is dedicated to Kim Kilway, a long time Houstonian instructor who brought the definition of Synergy to life. The classes offered in this studio will honor her legacy of musicality and class presentation skills that create the optimal workout experience.



CLASS OFFERINGS

Reform (50 minutes) | \$40

Enjoy the challenge of the Pilates reformer in a group class designed to introduce the basic principles of Pilates. The class format can vary as instructors utilize the jump board, Bala beam and light weights to enhance your experience on the Pilates reformer. Prior reformer experience is highly recommended.

Synergy (50 minutes) | \$40

This creative, choreographed reformer class will take the content of our classic Reform class and give it a new flow! The movements will be coordinated with the music to create a synergistic group exercise experience.

Contemporary Reform (50 minutes) | \$40

A reformer Pilates class that focuses on slow, controlled movements encouraging deeper muscle engagement. This style of Pilates targets slow twitch muscle fibers with the goal of fatigue in mind, keeping your muscles under tension for longer periods of time similar to Lagree® style classes.

SYNERGY SCHEDULE

March 2024

Monday

8-8:50 a.m. Reform with Erik
12:30-1:20 p.m. Reform with Karen
6:15-7:05 p.m. Reform with Aliyeh

Tuesday

10-10:50 a.m. Reform with Karen
11:30-12:20 p.m. Reform with Joei
12:30-1:20 p.m. Reform with Melinda
1:30-2:20 p.m. Reform with Melinda
6:15-7:05 p.m. Reform with Aliyeh

Wednesday

9-9:50 a.m. Contemporary Reform with Juliana
11-11:50 a.m. Contemporary Reform with Juliana
12:30-1:20 p.m. Reform with Melinda

Thursday

6-6:50 a.m. Reform with Karen
9:30-10:20 a.m. Synergy with Maria
11:11:50 a.m. Contemporary Reform with Juliana
12-12:50 p.m. Synergy with Stacy

Friday

11-11:50 a.m. Synergy - Maria
12-12:50 p.m. Reform with Erik

Saturday

9:30-10:20 a.m. Contemporary Reform with Juliana
10:30-11:20 a.m. Contemporary Reform with Juliana

Sunday

9-9:50 a.m. Reform with Eran

Reserve your spot through
the Houstonian app.

