

Fall/Holiday 2006

HOUSTONIAN *Member*

**HOUSTONIAN HOLIDAY
CELEBRATIONS:
JUST YOUR STYLE!**

**GET CONNECTED
WITH VOYAGERS
OUTINGS**

**Keep Swimming
This Fall - Join
Fluid Sensation**



Mark Stevens
General Manager
The Houstonian Club

A Minute With Mark

We concluded our second annual Member survey process recently and are excited about your comments. I would like to take this time to thank each of you for participating, sharing your thoughts and suggestions for improving our facilities, services, staffing and programs. Without your valuable feedback, we would not be able to meet your Membership expectations.

The process is conducted by DMG, Inc. and mailed to 5,800 Member addresses. Our level of measurement was to receive a 10% return rate. We exceeded those expectations with over 18% of the Membership completing the survey document. In addition, not only did you complete the document, you also provided us with 184 pages of verbatim comments that help us help you. THANK YOU!

We are proactively working on addressing your concerns and I will continue to communicate over the next several months on our progress toward improvements. In the meantime, here is a summary of some of the key findings that I hope you will find of interest. Should you have

further questions or concerns about our survey process or outcomes, please contact me so we can discuss further. Thank you for selecting and utilizing The Houstonian Club as the place for your health and fitness needs. We look forward to seeing you around The Club.

Overall Satisfaction	92%
Overall Service I receive	90%
Likelihood of recommending to others	85%
The value I receive	70%
Helpfulness and friendliness of staff	92%
Effectiveness in providing exclusive access	70%
Parking	61%
Overall cleanliness	93%
My ability to get a good workout	80%
Overall satisfaction with Nutrition/R.D. Programs	96%
(Highest satisfaction level of all service areas of The Club)	

Top Three Most Important Factors:

Group exercise classes, cardio equipment, strength equipment.

Improvements that would have the greatest impact:

Physical plant, programs/social activities, restaurants/food service, additional services.



REGGAE BASH!

Members and guests partied into the night with fabulous food and great music.



Photos by Genesis Photographers

Labor Day Pool Party



New Gazebo Hours

Open Weekends Only
11:00 am - 8:00 pm

(Gazebo Bar closes at 8:00 pm)

Closed for the season starting October 29

PERIWINKLE Cycle For Life

Saturday, October 28
8:00 am - Noon
The Club

This annual indoor bike-a-thon on stationary bicycles raises funds for programs for children with cancer and other life-threatening illnesses.

For more information, call 713.807.0191.

Thanksgiving Brunch

Thursday, November 23

The Houstonian Grande Ballroom

11:00 am - 2:30 pm

\$55 Adults • \$20 Children ages 5-12

Children under 5 complimentary.

For reservations, call 713.685.6888.

The Manor House

11:00 am - 2:30 pm

\$55 Adults • \$20 Children ages 5-12

Children under 5 complimentary.

For reservations, call 713.685.6840.



FALL FESTIVAL On The Meadow

Sunday, October 29
2:00 - 4:00 pm
\$12.00 per person

**Children under 2 years
are complimentary**

Come enjoy an afternoon filled with fun for the entire family. Moonwalks, petting zoo, face painters, games, characters, pony ride, cotton candy, snow cones, refreshments, pumpkin patch, and much more.



Reservations required.
Call The Bungalow at 713.685.6753.



Gingerbread Nights

Mondays - Saturdays
November 24 - December 16
6:00 - 7:00 pm

Experience the joyous sounds of the holiday season while relaxing by the 30-foot stone fireplace in The Hotel's Great Room. Local choirs, hand bells, violin ensembles, soloists and more will usher in the holiday spirit.

Hotel Holiday Packages

November 19 - 26

Treat yourself or make arrangements for family and friends for the holidays. Enjoy deluxe accommodations starting at \$139 per night. Upgrades to the Concierge Level are available at an additional \$50 charge.

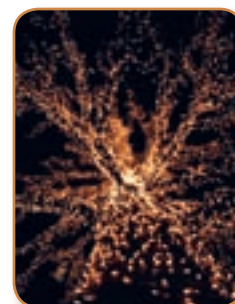
Or take advantage of one of our Holiday Packages featuring room nights, dining opportunities, holiday shopping, transportation, gift wrapping services, movies and other amenities. For more information, call 713.685.6810 or visit www.houstonian.com.



TREE LIGHTING

Sunday, November 26
5:30 - 7:30 pm
On the Meadow

Celebrate this traditional prelude to the holidays with the lighting of The Houstonian's grand Texas Live Oak. Activities include train rides, holiday characters, artists, arts and crafts, cookie decorating, snow piles, rock wall and refreshments. As an entry fee, please donate canned goods or non perishable items for The Houston Food Bank and receive complimentary event activity tickets.



FROSTY'S FOLLIES

Sunday, December 10
11:30 am - 2:00 pm

The Houstonian Grande Ballroom

Children will enjoy a scrumptious buffet, photos with Santa, a visit with Frosty, arts and crafts, music, balloon and caricature artists and much more.



\$18 Children (12 and under)

\$36 Adults

Seating is limited. For tickets, call Jenny at 713.685.7912.

Christmas Brunch

Monday, December 25

The Houstonian Grande Ballroom

11:00 am - 2:30 pm

\$54 Adults • \$20 Children ages 5-12

Children under 5 complimentary.

For reservations, call 713.685.6888.



The Manor House

11:00 am - 2:30 pm

\$54 Adults • \$20 Children ages 5-12

Children under 5 complimentary.

For reservations, call 713.685.6840.

A Grand New Year's Eve

Sunday, December 31, 8:00 pm

The Houstonian Grande Ballroom

Celebrate with fine food in an elegant setting at our exclusive party, which will be limited to 400 guests. Dance to the high-energy music of The Green Onions and The Works. Count down to midnight and toast the New Year. Delight your senses with a decadent midnight breakfast. Reserved seating for dinner and dancing.

Party Only

Purchase **before** December 16: \$177 per person, includes tax and gratuity

After Dec. 16: \$207 per person, includes tax and gratuity

Guest Room

\$100+tax, double occupancy

For more information or for reservations, please call 713.685.6810.

Olivette will be open on New Year's Eve for private dining. Enjoy tasteful selections, wines, and champagne for toasting. For reservations, call 713.685.6713.



Room Nights, Spa Services, Dining and Gifts... all in one card!



The Houstonian Gift Card may be purchased in any amount at The Hotel, The Sports Shop and Olivette.

The card may be used at The Houstonian Hotel, Olivette, The Hotel Bar, Trellis Spa, The Manor House, The Houstonian Club, and The Sports Shop.

For information, call 713.685.6810.

Holiday Shopping Card Program

October 26 - November 5

The Houstonian Sports Shop will again participate in the **American Cancer Society Holiday Shopping Card Program**.

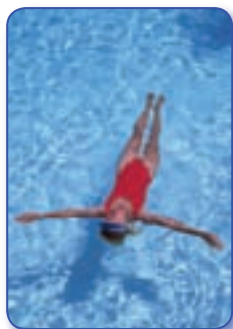
Holiday Shopping Cards will be available at The Sports Shop for a \$60 donation, and all proceeds go directly to the charity. All Holiday Shopping Card holders will receive a 20% discount at The Sports Shop and other participating merchants during program dates.

For information, call 713.685.6719.



Water Fitness Fun For All Ages

Water Fitness is not just for seniors! Our Water Fitness programs are for all ages. You control the resistance so it can be a gentle class or an extremely difficult class. Widen your horizons and come experience the increases in muscular strength, muscular endurance, cardio respiratory endurance, body composition, balance and calorie burning in aquatic workouts. The water can be a liquid gym giving you plenty of resistance for a dynamite workout or it can be a hydro-spa giving you a peaceful, calm, meditative, relaxing workout. Now that the sun is not as brutal, come out and try our Water Fitness programs and enjoy the beauty of our new pools. Our Water Fitness programs include boot camp, interval training, running, dancing, yoga, tai chi, Pilates, NIA and Watsu, and you don't even have to know how to swim or get your hair wet.



NEW WATER FITNESS CLASS Fluid Sensation

Begins October 23
Tuesdays, 9:30 - 10:30 am
Garden Pool

Led by Laura Neff, this aquatic fitness fusion class blends elements of dance, martial arts and healing arts to experience the sensation of joy in moving the body's way. This one-hour aquatic workout increases both stability and mobility by moving the joints, bones and muscles through a full range of motion. Water walking is also included as are elements of yoga, tai chi, NIA and free expression of movement. All levels of fitness are welcome. Water shoes optional but highly recommended.



Swimming Speed Play

Adding variety to your swim workout

by Erica Meyer
Aquatics Director



The Houstonian offers a large variety of lap swim classes as a benefit of your Membership. During the classes, the coaches guide you through balanced workouts that consist of a warm up, technique drills, cardio, speed play and cool down. Many swimmers, however, prefer to swim on their own. More often than not, they develop one single workout plan and keep repeating it over and over. Not only does this lead to boredom, it ceases to challenge them physically. To reap the benefits of swimming laps, swimmers must first make sure their techniques are correct, then they must begin to vary their speed.

Here are some basic ways to vary your swim workouts using speed play. Remember to warm up for 10-15 minutes before trying to ramp up your speed, and make sure to rest enough to maintain good technique.

FARTLEK

Fartlek is Swedish for the words speed play. It combines fast and slow swimming within a continuous swim. Different times of fast swimming are followed by easy recovery swimming. The length of speed bursts and recovery is generally unstructured so that the swimmer gains a genuine feeling of playing with speed.

Since the aim of fartlek training is to develop speed in the context of long distance swimming, the overall pace should be relatively easy. Only the speed bursts should be done with any intensity. However, speed play is not easy training. These speed bouts should be anywhere between 30 seconds and three minutes for a novice and 30 seconds to five minutes for an athlete training for a competition. The entire swim should last 20-30 minutes. The number of speed bouts depends on their length and the total length of the swim. Remember, swimmers should actively recover (swim very easy) between each sprint - this is not intended to be high lactate training.

For example, a 30 minute straight swim would look like:
3 x (1 minute fast + 1 minute easy),
3 x (2 minutes fast + 1 minute easy),
2 x (3 minutes fast + 2 minutes easy) and
1 x (4 minutes fast + 1 minute easy).

DESCEND

Descending sets ask you to swim each repetition faster than the previous.

For example, the following set: **6 x 50: Descend 1->6** asks you to swim six 50's with each one faster.

If the set read: **6 x 50: Descend 1->3, 4->6** you are asked to descend the first 3 and the second 3 in the set. The fourth 50 should be slower than the third. The third and sixth are the fastest in the set.

Unless specified, the interval stays the same, giving you a bit more rest as your swimming time descends.

BUILD

Building is different from Descending in that the swimmer's goal is to increase speed within the single swim distance(s).

For example, the following set: **3 x 100: Build** asks you to swim each 100 starting easy (with perfect technique) and increasing speed within each 100 to a fast finish (maintaining perfect technique throughout). As you may have guessed, the goal in a "Build" swim is to build speed while maintaining good stroke technique.

NEGATIVE SPLIT

Swimming a Negative Split means that the second half of the distance is swum at a faster pace than the first half.

For example, the following set: **1 x 600: Negative Split** asks you to swim the second 300 yards at a faster pace and time than the first 300 yards. The idea is to control your pace at the beginning of the swim so that you have the energy necessary to swim faster at the end of the swim.

Don't let the holidays make you loosen your belt!



Catherine Kruppa, MS, RD, LD
Houstonian Nutritionist

Try cutting out the fat this year with this sampling of Holiday Hints from selecting the turkey through baking the desserts.

- When turkey shopping, select a plain turkey that is not pre-basted.
- Instead of basting with butter, use butter flavored Pam and chicken broth.
- For appetizers, stick to fruit, veggies and seafood, or bring your own low-fat dip.
- Use evaporated skim milk and skim milk in place of cream and whole milk in pies, soups and sauces.
- When baking, Egg Beaters or two egg whites can be used in place of one egg.
- In recipes calling for nuts, replace nuts with Grape Nuts cereal.

What about Spirits?

Alcohol is equal to empty calories. Here are some tips to keep the calorie count down when you drink:

- Use Diet 7-up with 2 oz. wine for a low-calorie spritzer.
- Drink long and light. One drink is metabolized in one hour, so try drinking non-alcoholic beverages in between.

Other Holiday Eating Hints

- Don't skip breakfast...this is what leads to ravenous hunger that results in extreme overeating.
- Plan extra exercise around big meals and do more activities like museum tours and walks instead of resting in front of the television.

To hear more nutritious holiday tips, join Catherine November 8 in the Club Library.



METABOLIC TESTING

Saturday, October 28 8:00 - 11:30 am

Monday, October 30 5:00 - 7:00 pm

Knowing your metabolic rate is the key to weight management. Sign up for a session to discover your resting metabolic rate and receive a nutritional consultation designed just for you.



Monthly Nutrition Seminar

"Stuff Your Turkey and Not Yourself This Season"

Wednesday November 8

10:00 - 11:00 am

Club Library

Learn how to survive the holidays without gaining 7-10 pounds. Healthy holiday recipes and samples will be available.

For all programs, call 713.316.5945.

NEW BIKES ARE HERE!

Brand new Startrac V stationary bicycles are now in Studio B. Every few years exercise equipment is replaced at The Club to ensure the safety and comfort of Members and to provide the most updated equipment in the industry.

For a list of cycle classes, visit myhoustonian.com.



JULIE BYRD YOGA SEMINAR

Saturday, November 4

2:00 - 4:00 pm

Studio C

\$20.00

Inversions: Handstand, Headstand, Elbowstand, and Shoulderstand

No pre-registration necessary.

For more information, contact Misha at 281.635.0521 or yoga@houstonian.com

KETTLEBELLS

Taking Fitness to the Next Level

Members have already been taking advantage of this traditional Russian method of developing all-around fitness and are benefiting from this old school approach to fitness while enjoying the uniqueness of the activity.

Kettlebell training provides many benefits. It dramatically strengthens muscles and joints, and due to the extremely high metabolic cost of the activity, will melt body fat right off your frame. The strength developed in the back, hips and legs, along with the tension developed throughout the abs during kettlebell lifting will promote the development of an iron core like no other. Kettlebell training is the choice of the Russian Special Forces, elite US military personnel, FBI hostage rescue teams, Olympic weightlifters and now Houstonian Members!

Classes are held Tuesdays and Thursdays at 6:00 - 6:45 am. Individual or small group kettlebell training is also available.

For pricing and availability, call Sean Cashman at 832.876.3239.



ANA FORREST Weekend Workshop

Ana Forrest is recognized worldwide as a pioneer in yoga and emotional healing. Creator of Forrest Yoga, the Forrest Yoga Institute (Santa Monica, CA) and the Forrest Yoga Educational Library, she is also a well-known contributing expert to *Yoga Journal* and other national wellness publications.

December 15 - 17

"Unraveling the Mysteries of Neck, Shoulders, and Hips"

Friday, 6:30 - 9:00 pm

Saturday, 9:30 am - Noon

Sunday, 9:30 am - Noon

"Journey to the Core"

Saturday, 2:00 - 4:30 pm

"Backbends: Free Your Spine"

Sunday, 2:00 - 4:30 pm

To register, call 713.953.9642 or 713.977.3567.

MINI-APPOINTMENTS with ROBERT BOUSTANY

Schedule a mini-appointment with Houstonian resident yoga master, Robert Boustany on Tuesdays and Wednesdays. Robert is now available for 20 minutes of one-on-one

consultation for those who have questions - about your yoga practice, an injury, an illness, a chronic condition or whatever keeps you from living more fully. For more information, contact yoga@houstonian.com.



USING A GPS

Thursday, November 16, 6:00 pm
The Club

Learn the basics of using a Global Positioning System.

Learn how to use UTM coordinates, making way points for future visits (fishing or hunting), track back to find your way out and using GPS with maps.

Contact Bob Talamini at 281.279.5144 or bgtalmo@aol.com.

Preview Membership

Redstone Golf Club, home of the Shell Houston Open, is extending an exclusive invitation to Houstonian Club Members to join Redstone Golf Club for a preview membership term of one year without paying any up-front initiation fees.

By participating in the Preview Membership Initiative, you will receive a monthly credit to your Redstone Golf Club account for up to 24 months based upon your golf membership classification. And, if you commit to full membership (purchase) by January 15, 2007, you will also receive a remarkable reduction on the initiation fee.

Redstone Golf Club Members enjoy exclusive access to The Member Course, expansive golf practice facilities including driving, chipping and putting areas, a luxurious clubhouse with spacious member-only locker rooms, a member-only pro shop, a full schedule of golf and social events, and complimentary green fees at four other championship courses, including The Tournament Course at Redstone Golf Club, The Houstonian Golf & Country Club and both courses at BlackHorse Golf Club. So that all of our Members may enjoy their experience to the fullest, our membership capacity is limited to 525.

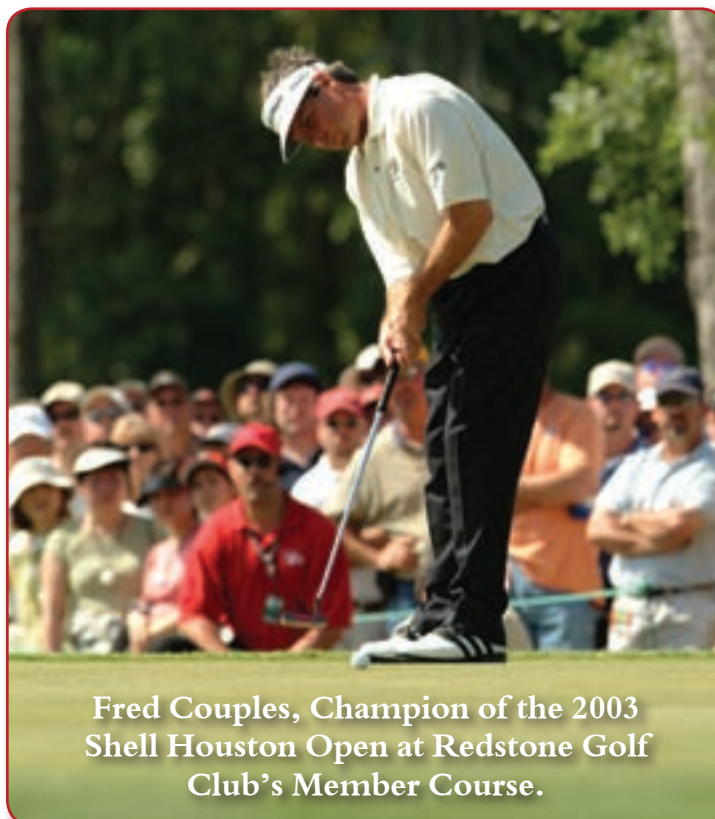
Your opportunity to take advantage of the Preview Membership Initiative concludes Wednesday, November 15, 2006. To learn more about this exclusive offer, or to schedule a tour, please contact Redstone Golf Club Membership Director Erika Johnson at 281.459.7833 or ejohnson@redstonegolfclub.com.

REDSTONE
Golf Club

Caesarea Arts, Ltd. Jewelry Trunk Show

October 20 & 21, 9:00 am – 2:00 pm
at The Sports Shop

Our most exciting new vendor from last spring returns with their unique beach glass creations as well as precious stones and metals.



Fred Couples, Champion of the 2003
Shell Houston Open at Redstone Golf
Club's Member Course.

• **HARD TAIL • 3 DOTS • BEAU & EROS •**

THE
SPORTS SHOP
— AT —
THE HOUSTONIAN
713.685.6719

• **YOGI • EQUESTRIAN • GREEN DRAGON •**

CITY LIGHTS

• **NEW PROPORTIONS FOR FALL FROM NALLY & MILLIE** •

GET CONNECTED**Monday, October 23 - 7:30 pm****"Street Scene," A Broadway Opera**

Moore's School of Music at U of H

Transportation provided

Friday, November 3 - 12:15 pm**Walking and Lunch**Walk the outdoor track and
have lunch at The Gazebo**Thursday, November 9 - 6:30 pm****Thanksgiving Feast**

The Hotel

\$30

Wednesday, December 13 - 6:30 pm**Holiday Dinner and Music with****The Fort Bend Boys' Choir**

The Hotel

\$30

**BIRTHDAY
SOCIALS****Every Second Wednesday
(November 8 and December 13)****2:00 pm****The Boardroom**

Cookies and punch served. No reservations required.

**For more information call Sam Grow, 713.685.7946
or Mitzi Ruff, 713.685.7934.****NEW TIME****for the Tuesday
Voyagers Cycle Class****10:45 - 11:00 am****RACQUET****FREE PADDLE INTRODUCTION**

Receive a complimentary paddle instruction to one of the most fun sports that you can play. Paddle is one of the fastest growing racquet sports in the world. It is one of the best workouts and is an easy sport to learn. The Houstonian is home to the USA paddle team. Get an introduction from USA team captain Mike May. To schedule your free session, call Mike at 713.685.6847.

Debbie Ladig

Debbie Ladig is back! This popular tennis pro will teach private tennis lessons and assist with junior training.

**ATTENTION ALL JUNIOR
TENNIS PLAYERS!**

Interested in taking your game to the next level? Former world ranked pro Debbie Ladig can take you there. Debbie started the wildly popular junior program in 1997, and specializes in junior player development. Many players are now good enough to play outside tournaments, (such as Grand Prix or Zat tournaments). If you're one of these players and want to get to the next level, or just want to look like a pro, call Debbie at 713.685.6847.

**Fall Junior
Tennis Program****Mondays and Thursdays**

3:45 pm - 4:45 pm	(Ages 4 - 6)	\$65 per week
4:45 pm - 5:45 pm	(Ages 7 - 15)	\$65 per week
4:45 pm - 6:15 pm	(Advanced Group)	\$96 per week

Tuesdays

3:30 - 4:30 pm	(Ages 4 - 6)	\$65 per week
4:30 - 5:30 pm	(Ages 7 - 15)	\$65 per week
4:30 - 6:00 pm	(Advanced Group)	\$96 per week

Wednesdays

4:30 - 5:30 pm	(Ages 7 - 10)	\$65 per week
4:30 - 5:30 pm	(Ages 11 - 15)	\$65 per week

For reservations or more information on all programs and events, call Leo Contini at 713.684.6847 or 713.768.9328.

KID CYCLE CLASS

Sundays, October 22 - November 12

Ages 10 - 14
3:45 - 4:30 pm

Participants should arrive at 3:30 pm to get adjusted on the bike and prepare for class.



Holiday Sports Camp

December 18 - 22
December 26 - 29

9:00 - 3:00 pm
Ages 5 - 12

First week - \$215/week; \$50/day

Second week - \$175/week; \$50/day

Activities

Baseball, basketball, rock climbing, soccer, kickball, football and much more.

FALL KID YOGA with Su Marshman

October 13 - November 10

Young Kid Yoga (ages 3 - 6)
Fridays, 3:45 - 4:30 pm

Kid Yoga (ages 6 - 10)
Fridays, 4:35 - 5:35 pm

\$70 per person

Kid Yoga registration forms are available at the Front Desk, the Bungalow, Kids Gym, Studio C and via e-mail. Return completed forms to the Group Exercise Office or fax to 713.680.1657.



Three on Three BASKETBALL LEAGUE

January 9 - February 24

Practices:

Tuesdays, 4:30 - 5:30 pm

Games:

Saturdays, 11:00 - Noon

For boys and girls
ages 5 - 7.

\$200 per child.

SPORTS CLASSES

Teaches the basics of baseball, basketball, soccer and football.



Tuesdays
3:30 - 4:30 pm
Ages 5 - 8

Fridays
12:30 - 1:30 pm
Ages 4 - 6

\$85 per month



For more information or to register for all youth events, call Carter Ayers at 713.685.7911.

'Tis the Season to be Stunning

Treat Yourself to a Package full of Holiday Sparkle

Make a grand entrance to all of your holiday soirées this season. Look and feel your best when you visit Trellis before attending the special affairs on your holiday calendar.

Have your hair expertly finished by one of our first-rate stylists and be sure to book an application with one of our makeup artists.

Pure Bliss

Indulge and treat yourself, or provide this fabulous package as a holiday gift for someone special. Pure Bliss includes a Decléor Facial, Tension Relief Cocoon, Classic Manicure, Shampoo, Blow Dry, Makeup Introduction and lunch or dinner.

5.5 hours • \$345

And don't forget, Trellis Gift Certificates are available in any amount. Your recipients will be delighted, and gifts of spa services are always received with excitement.

TRELLIS

THE SPA AT THE HOUSTONIAN

www.trellisspa.com • 713.685.6790

Resident Members may deduct 20% • Associate Members may deduct 10% • Packages and gift certificates are available.



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HOTEL, CLUB & SPA

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