

WINTER 2007

HOUSTONIAN November

**Steal Away for
a Special
Valentine's Day
Hideaway**

**Rhythm & Blues Night
at The Resort Pool**

**Youth Aquatics
Registration
See Spring
Planning Guide**





Mark Stevens
General Manager
The Houstonian Club

A Minute with Mark

It's the New Year, and that means renewal and re-commitment. We have all set our fitness goals, began on our course to attain them, and made plans to stay motivated in our plight. The Club becomes increasingly busy this time of year with people working on achieving their new fitness objectives.

But inevitably, after a few weeks or months, we often start to slack off on our exercise routine, get side tracked or discouraged and end up not meeting our goals.

Try something different this year. Choose a specific goal, a deadline, an event or race date. By selecting a challenge, it helps focus your training efforts, which gives purpose to your workouts. When you challenge yourself and complete something you did not think was possible, it can change your whole outlook on life. I want to devote this "minute" to suggest looking into many of the physical activities The Club offers that will challenge you, push you beyond your limits and allow you to experience new fitness programs.

For example, consider completing the MS150 with The Houstonian Hammerheads Cycling team. The ride from Houston to Austin is a wonderful event that will test you mentally, physically and emotionally. On top of the fitness benefits achieved by participating in the training rides, cycle classes and workouts, the event is a great way to build camaraderie and fellowship with other Members that last well past the event itself. Or, start preparing now for the Cycle for Life event held at The Club in October. This annual team stationary bike challenge to burn as many calories as possible in a 30-minute ride supports the children of The Periwinkle Foundation.

If riding a bike is not your thing, think about crossing the finish line of your first 5K or 10K Marathon, Triathlon or maybe even an Adventure Race. By participating in the Tri-Fit or Swim-Fit programs you receive expert coaching, a specially designed training program for the event of your choice and support from other participants.

You should also check out the RSU (Resolution Shape Up) Program. This is a weight management program to help educate you about all the facets of weight control – diet, calorie consumption, proper food selections and determining your ideal weight. Also included are strength and cardiovascular training.

In addition, new group exercise classes have been added to the schedule to challenge the most seasoned fitness enthusiasts. Try Shelley Scheffler's Edge Effect for a jump start. Using kickbox bags, rebounders, step and medicine balls, she will push you to your cardio "edge."

All of these programs and many others offered at The Club help create new lifestyles for each of us. I have heard and seen many of the success stories of our Members that participated in these programs. They got involved with something they had never done before, and as a result of their success had a greater sense of accomplishment, achievement and purpose to their fitness program. This year, give your training purpose and try something that pushes you mentally and physically. Join a team, pick your event, try our group exercise classes, or seek the expert assistance of our training staff, but set your sights high. Believe in your possibilities and make the most of the year in 2007.

Good luck and we look forward to hearing your success stories.



Look how far we've come! (c.1983)

Tree Lighting



New Year's Eve!



FROSTY'S FOLLIES



Sports Shop Trunk Shows

February 2 - 3

9:00 am - 2:00 pm

Alma Guerrero San Miguel Jewelry

February 5 - 6

9:00 am - 2:00 pm

Grateful Images

February 9 - 10

8:00 am - 2:00 pm

Joei Jewelry

February 16 - 17

9:00 am - 2:00 pm

Bluefish Activewear

February 23 - 24

9:00 am - 2:00 pm

Velia Ubago Leather



Valentine's Day at The Houstonian

Wednesday, February 14

The perfect Valentine's escape awaits you at The Houstonian

Hotel. Plan a night away at The Hotel including dinner, champagne, truffles and treats. For the super sweet, consider one of The Hotel's ten luxurious suites including the newest Capitol Suite and the ultimate Presidential. Plan in advance and book a spa treatment or hair and make-up for the perfect evening out. For those wishing to arrange limo service, flowers or custom amenities, contact The Hotel's concierge for assistance. Call 713.685.6810 for reservations.

JUNIOR GOLF

at The Golf Academy at The Houstonian Golf & Country Club

Junior Golf Camp

June 5 - 8 • June 12 - 15 • June 19 - 22

\$275 per week for members

(The Houstonian Golf & Country Club, Shadowhawk Golf Club, Houstonian Fitness Club, Houstonian Lites, Redstone Golf Club, Blackhorse Golf Club)

\$300 per week for guests

Junior Tour School

July 10 - 13

\$200 for members

(The Houstonian Golf & Country Club, Shadowhawk Golf Club, Houstonian Fitness Club, Houstonian Lites, Redstone Golf Club, Blackhorse Golf Club)

\$350 for guests

For more information, contact Junior Golf Director,
Lisa Edgmon at 281.340.7261 or
email ledgmon@houstoniangolf.com.



Rhythm & Blues Night at The Resort Pool

Thursday, March 1

6:30-9:00 pm

**Complimentary
Adults only**

Snacks and Cash Bar

Reservations required
and space is limited.
Call Farah Kapasi,
713.685.7929.

Come experience
Motown icons

**Cecil Shaw
& Archie Bell**

(from Archie Bell & the Drells), with special guest
Kamil Bonner.



Aquatics Programs

MONDAYS

5:45 - 6:45 am	BeFit Crosstraining	Resort Pool
9:00 - 10:00 am	SwimFit-Distance	Sports Pool
10:00 - 10:50 am	H.A.R.T.	Resort Pool
11:05 - 11:30 am	Poolates	Garden Pool
11:30 - Noon	Liquid Mind & Body	Garden Pool
Noon - 1:00 pm	SwimFit-Distance	Sports Pool
6:30 - 7:30 pm	SwimFit-Distance	Sports Pool

TUESDAYS

5:45 - 6:45 am	SwimFit-Middle Distance	Sports Pool
9:00 - 10:00 am	SwimFit-Middle Distance	Sports Pool
9:30 - 10:30 am	Fluid Sensations	Garden Pool

WEDNESDAYS

5:45 - 6:45 am	BeFit Crosstraining	Resort Pool
5:45 - 6:45 am	SwimFit IM/Mid Dist	Sports Pool
9:00 - 10:00 am	SwimFit IM/Mid Dist	Sports Pool
10:00 - 10:50 am	Hydro Power Interval Training	Resort Pool
11:05 - 11:30 am	Abs-olutely	Garden Pool
11:30 - Noon	Aquatic Power Yoga	Garden Pool
Noon - 1:00 pm	SwimFit- Mid-Distance	Sports Pool
6:30 - 7:30 pm	SwimFit IM/Mid Dist	Sports Pool

THURSDAYS

5:45 - 6:45 am	SwimFit-Distance	Sports Pool
9:00 - 10:00 am	SwimFit-Distance	Sports Pool
9:30 - 10:30 am	A.A.C.T.	Garden Pool

FRIDAYS

5:45 - 6:45 am	SwimFit Mid Distance/Sprints	Sports Pool
9:00 - 10:00 am	SwimFit Mid Distance/Sprints	Sports Pool
10:00 - 10:50 am	Boot Camp	Sports Pool
11:00 - 11:30 am	Poolates/Yoga	Garden Pool
11:40 - 11:55 am	Spa Workout	Hot Tub
Noon - 1:30 pm	SwimFit Mid Distance/Sprints	Sports Pool
2:50 - 5:15 pm	Swim Team (Oct 23- Feb 12)	Sports Pool

SATURDAYS

8:15 - 9:30 am	SwimFit-Distance	Sports Pool
1:30 - 2:30 pm	Hydro Kal	Resort Pool

SUNDAYS

9:00 - 10:00 am	SwimFit-Distance	Sports Pool
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Water Fitness Holiday Party

The Water Fitness program kicked off the holiday season with a celebration at the home of Sue Shefman.



FLUID SENSATIONS

Come try "Nia" in the water! The hottest aquatic trend, Fluid Sensations is an aquatic fitness fusion class utilizing the Nia technique which blends elements of dance, martial and healing arts to experience the sensation of joy in moving the body's way.

Experience increases in both stability and mobility by moving joints, bones and muscles through a full range of motion. Water walking is also included as well as elements of yoga, Tai Chi, and free expression of movement. This full body workout is for all levels of fitness.

Fluid Sensations:
Tuesdays, 9:30 - 10:30 am
The Garden Pool

Your Best Golf Now...Titleist Golf Analysis

Several things must come together at once when attempting to play the best golf that you are capable of. Mobility, stability, balance, strength, coordination, and power must all be at optimum levels in order to produce the best golf swing possible. Without correct posture throughout the golf swing, one cannot efficiently transfer energy through the body and club to the ball. Physical screening and measuring your ability to generate and transfer speed can help determine the most efficient energy transfer throughout your body. This type of physical testing and evaluation has been reserved for the best professional players in the world until recently. Now Houstonian Members can obtain that same "pro" experience.



Brian Bennett, BS, CSCS, TPI CGFI, recently became certified in this type of training by the Titleist Performance Institute in Oceanside, California. One of approximately 200 individuals that have attained this designation worldwide, Brian is proud to be able to offer Houstonian Members a "pro" level service that will ultimately result in optimizing your ability to play better golf.

A personal trainer at The Club since 2004, Brian is also certified as a strength and conditioning coach. Prior to that he was on the strength and conditioning staff for the Anaheim Angels Baseball Club and worked at the collegiate level while at the University of Houston. As a former competitive golfer and single digit handicapper, Brian's background fits perfectly with his latest certification through Titleist.

TPI advocates the team approach to producing a better golfer and getting more enjoyment out of the sport, and Brian will work in conjunction with your local PGA professional to help you play the best golf that you are capable of playing. A complete package consists of physical screens, corrective exercise, access to your own personal web page via Titleist where progress is tracked, and a brief biomechanical video analysis of your swing. Complete packages start at \$450 which includes the evaluation and two additional one-on-one sessions with Brian.

For more information, contact Brian at 281.222.4599 or bbennett@houstonian.com.

The Houstonian Hammerheads

Training will soon begin for the Houstonian Hammerheads Cycling Team. The focus of the group is to allow Members to train for the annual BP MS150 bike ride held in the spring. This annual Bike Tour is a two-day cycling adventure from Houston to Austin that raises funds to help people living with Multiple Sclerosis. However, many Houstonian Club Members simply use the team as an opportunity to exercise, take part in great organized rides and to meet other Members. For more information, contact Lisa Rainey at lrailey@houstonian.com.



Coming SOON!

New entertainment systems will be added to all cardio equipment. The newest technology in the industry, MY Entertainment features 15-inch personal viewing screens, music, MP3 capabilities, custom exercise programs and much more!

THE
SPORTS SHOP
— AT —
THE HOUSTONIAN
713.685.6719

GOTTEx SWIM & BEACHWEAR
COLLECTION ARRIVING SPRING, 2007

Stars of The Resolution Shape Up 12 week Program

These women lost a total of 162 pounds and 157 inches and transformed their bodies in Resolution Shape Up.

Join us in 2007. Next session starts April 23

MWF 11:00 am - Noon

MWF Noon - 1:00 pm

MWF 1:00 pm - 2:00 pm

T/TH 5:30 pm - 7:00 pm

Combined strength and cardiovascular training with nutrition counseling for all ages and levels of fitness. The class includes a complete fitness evaluation at the beginning and end of the program, as well as a workbook to use during the program and for years to come.



Metabolic Testing

January 27 8:00 - 11:30 am

February 17 8:00 - 11:30 am

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.

Grocery Store Tours

January 31, 8:30 - 10:30 am

Whole Foods on Kirby
\$30 per person

February 20, 9:00 - 10:30 am

Rice Epicurean
Post Oak and San Felipe
\$25 per person

Learn to breeze through the supermarket, filling your basket with nutritious foods and great meal ideas. This is a great beginning to establishing a healthier lifestyle.



Nutrition Seminar

The Anti-Aging Diet

Learn how to eat foods to help you age gracefully

February 14, 10:00 am

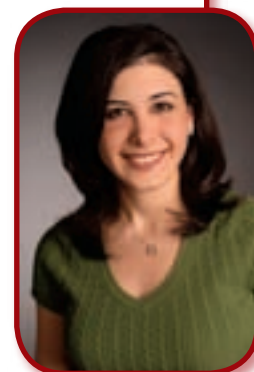
Club Library
\$15 per person

NEW DIETITIAN

Melissa Montalbano, M.S., R.D., L.D.

The Houstonian Club welcomes Melissa Montalbano, M.S., R.D., L.D., as a new registered, licensed dietitian for The Club. A native Houstonian, Melissa has interned in the past with The Houstonian, Cooper Aerobics Center in Dallas, and has previously worked as a diabetes educator at Diabetes Centers of America. She obtained her Bachelor of Science degree in Nutritional Sciences from Texas A&M University and a Master of Science degree in Nutrition from Texas Woman's University. Melissa's professional areas of interest include weight management, diabetes care, pediatric, sports, cardiovascular and wellness nutrition. She is a member of the American Dietetic Association.

In her spare time, Melissa enjoys spending time with her friends and family, exercising, cooking, scrapbooking, and traveling. Melissa is very excited to join The Houstonian team and is looking forward to meeting everyone.



PEAK PERFORMANCE NUTRITION

February 21, 6:00 pm • Club Library • \$20 per person

Are you an athlete or fitness enthusiast? Would you like to eat to fuel your active lifestyle and improve your performance? This seminar will help you to:

- Estimate your energy needs based on your activity level
- Develop an eating plan to maximize your workout
- Discuss the effect of nutrition on muscle strength, endurance and performance
- Learn what to eat before, during and after exercise
- Provide recommendations for fluid replacement
- Advise you on the latest research on supplements



GET CONNECTED

The Great American Songbook Cabaret Duo Beckie Menzie & Tom Michael

Monday, February 5
6:30 - 8:30 pm at The Hotel
\$30 per person

Recognized from New York to Chicago, Beckie Menzie and Tom Michael have received national accolades for their dynamic shows. Appearing in such venues as New York's Lincoln Center and Carnegie Hall; Chicago's Maxim's and Houston's Ovations, their acclaimed duo cabaret acts have consistently been included in the top shows of the year.

Reserve by February 1.
Call Sam Grow at 713.685.7946
or Mitzi Ruff at 713.685.7934.

To cancel your reservations, please
call within 24 hours of event. Failure
to do so will result in full charge.



BIRTHDAY SOCIALS

Every Second Wednesday

February 14 and March 14

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.



KICK START The New Year!

Six new full sized kickboxing bags are now in use at The Club. Give your exercise program a kick this new year and check out a class that uses these new bags:

Monday	8:40 am	Cardio Kickbox	Shelley Scheffler
Thursday	6:00 am	Cardio Kickbox	Shelley Scheffler
Thursday	8:30 am	Cardio Kombat	Shelley Scheffler
Friday	9:45 am	Cardio Kickbox	Melissa Phillips

SCHEDULE CHANGES

NEW CLASSES

Tuesday	8:30 - 9:25 am	Pilates	Cathy Wertheimer
Tuesday	7:30 - 8:30 pm	Cycle	Jerry Jones
Thursday	5:30 - 7:00 pm	Cycle & Strength	Malone/Pollard
Friday	6:00 - 7:00 pm	Pilates	Jesus Martinez
Friday	10:30 - 11:15 am	Muscles	Melissa Phillips

TIME/FORMAT CHANGES

Saturday	9:45 am	Cycle will now begin at 9:30 am
Friday	9:45 am	Cardio Kickbox now ends 10:30 am
		Muscles Class follows 10:30 - 11:15 am

PARENT CLASSES

Children age 12-14 may attend the following classes WITH A PARENT.
All children must be accompanied by a parent for the ENTIRE class.

Monday	7:30 pm	Vinyasa 1
Friday	5:30 pm	Cycle
Friday	6:00 pm	Power Yoga
Saturday	9:30 am	everyBODYdance
Sunday	4:00 pm	Muscles
Sunday	5:00 pm	Yoga Basics

More new classes are being finalized for 2007. Keep an eye on the Group Exercise Brochure and myhoustonian.com for more details.

USA Paddle Team Ranks 8th in the World

Congratulations to Team Captain Mike May and members of the USA Paddle team on recently ranking 8th at the World Championship tournament in Murcia, Spain. The team defeated #7 seeded Uruguay to capture the #8 world ranking - up from #10 from the previous world championships. The next World Championships will be in Calgary, Canada in 2008.

Team members are:

Matt Pyle, Mike May, Craig Hiddleston, Pablo Alcantara, Francisco Turner, Rico Jacober, Victor Longo



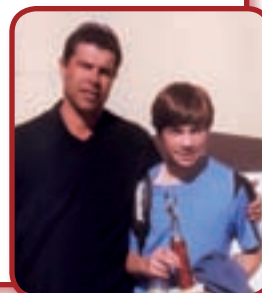
FREE PADDLE INTRODUCTION

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.

ZAT Tournament Winner

Congratulations to Andrew Mudd

pictured with Coach Leo Contini. Andrew placed second in the ZAT (Zone Advancement Tournament) in Beaumont and first place at Memorial Park, ranking him #1 in the Texas Division.



WINTER 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

PROGRAMS

Ladies' Clinics

3.5 - 4.5 levels

Fridays, 9:30 - 11:00 am

Ladies Group Lessons Advanced Beginners

Wednesdays, 6:30 - 8:00 pm

\$23 per class

Men's Doubles League

3.5 level & up

Mondays, 6:00 - 8:00 pm

\$10

Squash Lessons

Private and group lessons available.

Racquetball Lessons

Available with Peyton Dorsett, Houstonian Pro and President of The Houston Racquetball Association.

Youth Aquatics Planning Guide

GROUP LESSONS

Aquatots I Ages 12 mo - 23 mo (Child + Parent)

Skills: Water safety and teaching instruction for parents: introduction to water, basic skills (Blowing bubbles, kicking, arm movement, back float, entering and exiting the pool)

Dates	Day	Time	Location
5/7 - 5/25	M/W/F	9:30-10:00 am	Resort Pool
5/8 - 5/26	T/Th/Sat	9:30-10:00 am	Resort/Garden
6/4 - 6/22	M/W/F	9:30-10:30 am	Resort Pool
6/4 - 6/22	M/W/F	10:30-Noon	Resort/Garden
6/5 - 6/23	T/Th/Sat	10:00-10:30 am	Resort Pool
6/5 - 6/23	T/Th/Sat	11:00-11:30 am	Resort Pool
7/9 - 7/27	M/W/F	9:30-10:00 am	Resort Pool
7/10 - 7/28	M/W/F	10:00-10:30 am	Resort Pool
8/6 - 8/24	M/W/F	9:30-10:00 am	Resort Pool

Aquatots II Ages 24 mo - 36 mo (Child + Parent)

Skills: Water safety and teaching instruction for parents: (rhythmic bubble blowing, kicking, arm movement, floating, jumping in the pool)

5/7 - 5/25	M/W/F	10:15-10:45 am	Resort Pool
5/8 - 5/26	T/Th/Sat	10:15-10:45 am	Resort/Garden
6/4 - 6/22	M/W/F	10:15-10:45 am	Resort Pool
6/5 - 6/23	T/Th/Sat	10:30-11:00 am	Resort/Garden
7/9 - 7/27	M/W/F	10:45-11:15 am	Resort Pool
7/10 - 7/28	T/Th/Sat	10:45-11:15 am	Resort/Garden
8/6 - 8/24	M/W/F	9:30-10:00 am	Resort Pool

Star Fish Ages 3-4

Skills: putting face in water, blowing bubbles, floating, kicking, beginning arm strokes, Water Safety

4/9 - 4/25	M/W	4:15-4:45 pm	Garden Pool
4/9 - 4/25	M/W	5:30-5:30 pm	Garden Pool
4/10 - 4/26	T/Th	4:15-4:45 pm	Resort Pool
4/10 - 4/26	T/Th	5:30-5:30 pm	Resort Pool
5/7 - 5/23	M/W	3:15-3:45 pm	Resort Pool
5/7 - 5/23	M/W	4:00-4:30 pm	Resort Pool
5/8 - 5/24	T/Th	3:15-3:45 pm	Resort Pool
5/8 - 5/24	T/Th	4:00-4:30 pm	Resort Pool
6/4 - 6/20	M/W	3:15-3:45 pm	Resort Pool
6/4 - 6/20	M/W	4:00-4:30 pm	Resort Pool
7/9 - 7/25	M/W	3:15-3:45 pm	Resort Pool
7/9 - 7/25	M/W	4:00-4:30 pm	Resort Pool
8/6 - 8/22	M/W	2:30-3:00 pm	Resort Pool



Sea Horses Ages 3-4

FSkills: floating, arm strokes, kicking, coordination of arms and legs, beginning backstroke, Water Safety

4/9 - 4/25	M/W	4:15-4:45 pm	Garden Pool
4/9 - 4/25	M/W	5:30-5:30 pm	Garden Pool
4/10 - 4/26	T/Th	4:15-4:45 pm	Resort Pool
4/10 - 4/26	T/Th	5:30-5:30 pm	Resort Pool
5/7 - 5/23	M/W	3:15-3:45 pm	Resort Pool
5/7 - 5/23	M/W	4:00-4:30 pm	Resort Pool
5/8 - 5/24	T/Th	3:15-3:45 pm	Resort Pool
5/8 - 5/24	T/Th	4:00-4:30 pm	Resort Pool
6/4 - 6/20	M/W	3:15-3:45 pm	Resort Pool
6/4 - 6/20	M/W	4:00-4:30 pm	Resort Pool
7/9 - 7/25	M/W	3:15-3:45 pm	Resort Pool
7/9 - 7/25	M/W	4:00-4:30 pm	Resort Pool
8/6 - 8/22	M/W	3:15-3:45 pm	Resort Pool

Sea Lions Ages 5-6

Skills: floating, arm strokes, lateral breathing, frog kick, backstroke, beginning dives

5/7 - 5/23	M/W	4:45-5:15 pm	Garden Pool
5/8 - 5/24	T/Th	4:45-5:15 pm	Garden Pool
6/4 - 6/20	M/W	3:15-3:45 pm	Garden Pool
6/4 - 6/20	M/W	4:00-4:30 pm	Garden Pool
6/5 - 6/21	T/Th	3:15-3:45 pm	Garden Pool
7/9 - 7/25	M/W	3:15-3:45 pm	Garden Pool
7/9 - 7/25	M/W	4:00-4:30 pm	Garden Pool
8/6 - 8/22	M/W	4:00-4:30 pm	Garden Pool



Spring and Summer 2007

SWIM TEAM

BlueFins Ages 5-18, Sports Pool
Country Club Summer League

Pre-Season Swimming - Practice Times for April 2-27

Blue Team	Ages 5-6	T/Th	4:15-5:00 pm
Bronze Team	Ages 5-7	T/Th	5:00-5:45 pm
Silver Team	Ages 7-8	M/W/F	4:15-5:00 pm
Gold Team	Ages 9-18	M/W/F	5:00-5:45 pm

Country Club League - April 30 to June 25

Blue Team	Ages 5-6	T/Th	4:15-5:00 pm
Bronze Team	Ages 5-7	T/Th	5:00-5:45 pm
Silver Team	Ages 7-8	M/W/F	4:15-5:00 pm
Gold Team	Ages 9-18	M/W/F	5:00-5:45 pm

Note: Practice schedule will change beginning May 29.
All Swim Practices will meet on M/W/F,
Swim Meets will be on Tuesdays and Thursdays.



SPLASH CAMPS/CLINICS

SPRING CLINICS* Ages 6-18

Stroke Clinic

Saturday, April 7 9:30-11:30 am Freestyle and Backstroke

Starts & Turns Clinic

Saturday, April 14 9:30-11:30 am Starts and Turns

Stroke Clinic

Saturday, April 28 9:30-11:30 am Breaststroke and Butterfly

WEEKLY CLINICS* Ages 6-18

Camper will learn proper stroke techniques, starts and turns for each of the four strokes during each week of camp with one day assigned to one stroke. Daily program consists of technique lessons, drills, games and a snack break. Participants will be video taped for stroke correction.

July 9-12	M - Th	2:00-3:30 pm
July 16-19	M - Th	2:00-3:30 pm
July 23-26	M - Th	2:00-3:30 pm

* Swimmers participating in these programs will be videotaped.

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



To register or for additional information,
call Carter Ayers at 713.685.7911.

Cheerleading Training

Learn basic skills to cheer, preparation for tryouts and much more. This program is led by Andria Miguez who has cheered for 14 years including 4 years at the collegiate level during which time she was named the 2001 NCA national champion.

Program I

January 22 - February 28

Cheerleading Prep

Basic motions, jumps, basic tumbling, flexibility, spiriting, voice projection

Program II

April 2 - May 2

Tryout Prep

What to expect from tryouts.
Perfecting skills for tryout day.

For more information,
contact Andria at 281.704.5578.



SPRING BREAK SPORTS CAMP

March 12 - 16

9:00 am - 3:00 pm

Sports training including baseball, basketball, soccer, dodge ball, kick ball, rock climbing, swimming (weather permitting) and other activities.

Ages 5-12.

\$50 per day or \$215 per week

To register or for additional
information, call Carter Ayers at 713.685.7911.



Skin care from [comfort zone]

Skin Resonance

A customized treatment with botanical actives that protect from pollution, extreme weather conditions and lifestyle stress to harmonize, soothe and strengthen every type of sensitive skin.

50 minutes \$110

Absolute Pearl

Illuminating, oxygenating and anti-aging treatment based on real crushed pearl powder and botanical extracts such as mulberry and licorice. Bestows a radiant glow.

50 minutes \$110

Hydramemory

Deep hydrating and restoring treatment based on desert plants promotes a silky texture with exceptional moisture and restoration for dry, depleted skin.

50 minutes \$110

Active Pureness

Deep purifying facial based on organic clays, fruit acids and marine elements to gently exfoliate, reduce impurities and rebalance oily and blemish prone skin.

50 minutes \$110

An 18% service charge will be added to all spa packages.



Don't forget that special someone this Valentine's Day!
For spa packages and gift certificates, call 713.685.6790
or visit www.trellisspa.com.

TRELLIS
THE SPA AT THE HOUSTONIAN

Resident Members may deduct 20% • Associate Members may deduct 10%



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