

SUMMER 2008

HOUSTONIAN *September*

**Deep-water Classes
vs. Land Classes**

New Fitness
Center
Equipment

**Eat Right
Vacation Guide**





Mark Stevens
General Manager
The Houstonian Club and Spa

A Minute with Mark

School is out and the summer months, along with the legendary Texas weather, are already upon us. To help lessen the scorching summer heat and inevitable boredom, The Club is bursting with programs and activities for toddlers and teens.

Most notably are the Kids Yoga Summer Series in June and TRIkid Triathlon and Training program.

Let's not forget Houstonian Hoops with Coach Dimitrios Carter and our teen Hip-Hop Class in July. Check out pages 10 and 11 for a full program list and schedule, or contact a Club team member for more information.

In an effort to expand our Club's presence, programs and staff's knowledge in the fitness industry, we have participated in and scheduled several conferences in 2008.

Our team recently visited Washington D.C. to support the approval of two new acts as they are introduced to Congress. The Personal Health Investment Today (PHIT) initiative would eliminate a federal policy barrier and create a financial incentive for Americans to engage in physical fitness and exercise. The Workforce Health Improvement Program (WHIP), would allow favorable tax treatment of health club memberships as an employee benefit and reaffirm an employer's right to deduct the cost of providing wellness benefits without considering it as additional taxable income.

Eight members of our management team traveled to San Diego to participate in the International Health, Racquet and Sportsclub Association's 27th International Convention and Tradeshow. The March event exhibited more than 400 fitness-related companies and nearly 100 educational

and networking sessions aimed at improving and promoting the health and fitness club industries.

We also have trips scheduled for our Personal Training team to the National Strength and Conditioning Association Workshop in Las Vegas and our Voyagers team to the Anti-Aging Conference in San Antonio in December.

As our team knowledge improves so does The Club's appearance and amenities. Throughout the construction process, we are continuing our efforts to ease Member challenges, especially with parking. We won't be hosting any swim meets this year, and we made more space available for Members by securing offsite lots for employees to park. We also have arranged for our Loss Prevention Officers to direct traffic during heavy usage hours.

While construction work continues to move at a rapid pace, it will appear to slow down with fewer visible changes in the coming months. Renovations to improve the shop-ability of the Sports Shop will begin in late July/early August. In the meantime, we are seeking alternative means to keep the shop and its merchandise accessible during the construction period. Work also is progressing nicely on the almost completed fire sprinkler system, Men's Resident Locker Room Wet Areas, exterior parking garage and racquets building.

We appreciate your patience during the entire transformation process. Feel free to contact me, 713.685.6720 or mstevens@houstonian.com, with any questions or concerns.

I also would like to recognize the wonderful teams managing the Houstonian Hotel, Club and Spa for their commitment to serving and exceeding the high expectations of our Members and guests.

The Houstonian Club is pleased to welcome:



Sarah Kelly
Member
Service
Director

Sarah's position blends operations and service, enabling her to meet with Members and create exceptional customer service experiences, based on their feedback. After earning a bachelor's degree in fitness and wellness, Sarah has gained extensive operations and management experience in high-end fitness clubs throughout Texas.



Melissa San Angelo
Youth
Program
Manager

In her new role, Melissa will plan and implement all youth camps for The Club. Experienced in youth programming most recently for Lifetime Fitness, Melissa has a master's degree in education sports and recreation management. Her goal is to deliver an active program and camps that will ensure the individual's personal accomplishments.



Martha Ann Jones
Youth
Assistant
Manager

Martha Ann will assist in the day-to-day operations of the Youth Department, including staff training, and the planning and implementation of all youth-related activities. She recently received her master's degree in education from the University of Houston and loves working with children.

Cher Harris Promoted To Assistant General Manager



Congratulations to Cher Harris, who has been promoted to assistant general manager of The Houstonian Club! Cher has been fitness director since she came to The Club last November. In her new role, she will be responsible for the operating departments of The Club: fitness, group exercise, racquet sports, aquatics, locker rooms, Club housekeeping and facility maintenance, Club front desk and youth. She also will assist with the direction and management of Center Court Café.

“I am proud to be part of The Houstonian team, as it offers exceptional service to our Members and goes above and beyond,” said Harris. “We want our Members to feel that this is their home away from home.”

Prior to joining The Houstonian, Harris worked for seven years at the University of Florida, as its assistant director of recreational sports, and as outreach educational programs

coordinator for The College of Health and Human Performance. She also worked at Indiana University as assistant director of fitness training and at Florida State University as senior instructor of fitness and administration.

Harris holds numerous certifications, and is a member of several professional organizations, including American Alliance for Health, Physical Education, Recreation and Dance; American College of Sports Medicine; American Council on Exercise; National Strength and Conditioning Association; and Aerobics and Fitness Association of America.

She earned an associate of arts degree in biology, with honors, from Tallahassee Community College; a bachelor's of science degree in clothing design, textiles and merchandising, magna cum laude, from Florida State University, as well as a master's degree of science in kinesiology from Indiana University.

“Since joining our team last November, Cher has done excellent work with our Fitness Department and Club,” said Mark Stevens, general manager of The Houstonian Club. “She brings a vast background of club operations, both in the academic setting as well as the public sector, and we are pleased to have her as an important part of our team.”



Your 2008 Member Advisory Board (from left:) Wanna Hadnot, Les Gourwitz, Dennis Werner, Stacy Urso, Joey Maloof, Monsour Taghdisi, Linda Ball, Michael Abdouch, Anne Carl, Danny Evans, Tiffany Miller and Harvard Hill. Not shown: Mary Bass



Michael Kinsella tests his surfing skills on the Robo Surfer.



Jose Lima challenges his speed on the Water Walkway.



Lucia Shovia and Donah Parker

Deep-water Fitness Classes vs. Land Classes

by **Linda Griffeth, Water Fitness Coordinator & Aquatic Personal Trainer**

Deep-water Exercise classes are a viable alternative to land-based fitness classes. Deep-water exercises require a vertical position for frontal resistance for overload and pressing a larger surface area through the water. In turn, swimming exercises require horizontal positioning so the body is streamlined and moves more quickly. Floatation equipment is provided for the novice deep-water exerciser for stabilization and buoyancy. Equipment is unnecessary for performance athletes who tread water for intensity training. A typical water fitness class consists of a warm-up, cardiovascular, resistance, muscular, flexibility and stretch training with relaxation. The beauty of water fitness is getting total body conditioning in a short time. It is easy to combine aerobic and resistance activities, whereas in land based programs, it is dangerous to combine running and weight lifting. Another benefit of deep-water programs is the improvement of flexibility and balance due to the water's buoyancy. Since you can personalize each water workout and intensity level, you see all shapes and sizes of participants. Speedo Kick-boxers were purchased to add intense resistance to your aquatic workout. Come learn how to "Power Up" the water and get the best total body conditioning without the sweat. Find a water fitness class that fits your schedule or book a private workout.

PARTY DOWN AT THE POOL

Relax in the warm sun and enjoy some cool tunes at the Houstonian pool this summer! Families can relax poolside while listening to the live sounds.

Sound Advice

Labor Day - Monday, Sept. 1
Noon - 5 p.m.

No reservations are required.
For more information, contact
Erica Meyer at 713.685.6709.



Miranda and Hannah Hyrtado-Ramos



Alex Frankfort and Wyatt Cryprow



Victoria Cone splashes down!



My Kettlebell Journey



A personal perspective from Houstonian Member John Abraham

With my 40th birthday approaching, I realized how dissatisfied I was with my workout routine and fitness level. I had a predictable routine of lifting weights and then dropping off for a few months. My fitness level never improved, and my functional strength was

diminishing. Areas like my neck, back and shoulders were becoming more susceptible to soreness and injury.

Then a good friend told me about kettlebell and I decided to try it after researching and discovering Sean Cashman, a Houstonian Personal Trainer, was a certified instructor. The first few classes taught me how little “isolation body building” did to develop strength and how training the body as one unit created better overall fitness. Through

proper technique I started to push myself and old barriers disappeared.

Kettlebells are unique, fun and challenging. With proper instruction, basic moves are mastered and doors opened for more difficult exercises. Another aspect of kettlebell training is camaraderie, which helps push you past your plateaus. Kettlebell also has been an activity my wife and I enjoy together. Regardless of age or fitness level, significant results show from effort. I have seen the rehabilitation of old injuries and the alleviation of joint pain.

I finally found something I enjoy and have never been so consistent working out. I'm now training for the Russian Kettlebell Challenge, one of the toughest certification events in the country. The more I train, the more I consider doing other events that I never thought possible.

Houstonian Kettlebell Classes Tuesdays and Thursdays – 6 a.m. Fridays – 11:15 a.m.

For more information on kettlebell classes, private and semi-private training, contact Sean Cashman – scashman@houstonian.com.

Exciting Changes In The Fitness Center!

There are some very exciting changes in the Fitness Center this summer! You will have access to 120 new, state-of-the-art **MYE Personal Digital TV** systems packed with high-performance features. You will notice eight new **TechnoGym Run Excite™ Treadmills**, which offer the same stability and sensation as running on a track (natural impact).

In addition, you will notice eight new **Cyclone Steppers** and the amazing **Ab Coaster**, which arrived late this spring. The Cyclone Stepper is built for hard use and offers a smooth, quiet exercise experience. The Ab Coaster is one of the most effective pieces of core motion equipment to reach the market in decades.



CYCLONE Steppers



Ab Coaster



MYE Personal Digital TV



Houstonian Members participate in a variety of Boot Camps, both early morning and throughout the day.



TechnoGym Run Excite Treadmill

Eat Right Vacation Guide



by **Catherine Kruppa,**
MS, RD, CSSD, LD

Enjoy Your Vacation and Don't Gain a Pound!

Traveling and vacations do not have to mean weight gain; a realistic goal may be to maintain your weight. Here are a few tips to help you enjoy your vacation without having to shed the extra weight when you get home.

Vacation Checklist

- Easy-to-carry snacks: granola bars, sports bars, graham crackers, nuts, fresh or dried fruit.
- Exercise clothing, walking shoes, etc.
- Pack a jump rope, exercise bands or an exercise DVD.

Air Travel

- Call your airline at least 48 hours prior to departure and order a low-fat airline meal. The average in-flight coach dinner has about 1,054 calories that is equivalent to a Big Mac, medium fries and a strawberry sundae at McDonald's. That same dinner has 52 grams of fat – 8 grams more than the fast food meal.
- Bring your own bag lunch. A sandwich with lean meat, fruit, raw veggies, whole grain snacks and string cheese is one example. It takes a lot of water to stay hydrated on a plane, where the air is very dry. Drinking a glass of water per hour of flight prevents dehydration and minimizes jet lag. For every 1 hour of air travel, you lose 1 pint of water.

- Be aware that alcohol and salty foods will result in bloating.
- The low-fat airport: It is tempting to saunter over to the Pizza Hut counter and stuff down a few cheesy slices, however most airports have healthier choices. Travelers can enjoy fresh fruit, salads, soft pretzels, yogurts and an array of salads with low-fat dressings, vegetable-based soups and fresh-broiled fish entrees at some restaurants.

Survive the Ride

Unhealthy food awaits you at every exit and rest stop. However, by fueling your body with healthy foods, you will have more energy and be more alert.

- Pack a cooler and include packets of instant oatmeal or soup, baby carrots, celery sticks, cucumber spears, fresh or dried fruit, rice cakes, cans of tuna, peanut butter on whole wheat bread, yogurt or pretzels. Throw in some bottled water, orange juice or low-fat milk.
- Avoid drinking tons of coffee and soda along the way. If you eat healthy meals and snacks and consume non-caffeinated beverages you will be more alert and sleep better at night.
- Stop for lunch at a restaurant or picnic area. Don't eat in the car. You won't enjoy it as much.
- When you stop for a meal, take a walk or stretch. Get some exercise.
- If fast food is your only option, stay away from fried foods and added fats like mayo and oily dressings. For healthy breakfasts on the road, choose cold cereal and skim milk, English muffin or low-fat muffin.

Having a fun vacation does not have to mean weight gain!

Resolution Shape Up Opportunities

**6-Week Summer Blast Resolution Shape Up
Fitness and Weight Management Program**
July 14 – Aug. 22

MWF 10 – 11 a.m.
T/TH 10 – 11:30 a.m.
T/TH 5:30 – 7 p.m.

**9-Week Fall Resolution Shape Up
Fitness and Weight Management Program**
Sept. 22 – Nov. 21

MWF 10 – 11 a.m.
MWF 11 a.m. – Noon
MWF Noon – 1 p.m.
T/TH 10 – 11:30 a.m.
T/TH 5:30 – 7 p.m.

Nutrition Seminars

**Summer Slimming Series - Three Nutrition
Lectures to Keep you on Track this Summer**

**Aug. 13 – Easy Steps to Improve your Family's
Nutrition This School Year: Brown bag lunch
ideas and quick and easy dinner ideas**
Club Library / 10 a.m. / \$15

Sept. 9 – The Busy People's Guide to Losing Weight
**Learn how to make healthy choices to lose those
extra pounds when your time is limited.**
Club Boardroom / 6 p.m. / \$15



METABOLIC RATE TESTING

July 19 8 – 11:30 a.m.
 Aug. 16 8 – 11:30 a.m.
 Sept. 20 8 – 11:30 a.m.

By appointment only.

Grocery Store Tours

Central Market

July 24 / 8:30 a.m. / \$30

Whole Foods – Kirby

Aug. 20 / 8:30 a.m. / \$30

Rice Epicurean – Post Oak

Sept. 30 / 1 p.m. / \$25

To schedule an appointment for Metabolic Rate Testing,
 or to RSVP for Nutrition Opportunities,
 please call 713.316.5945.

CENTER COURT Expands Menu

Center Court Café is pleased to announce the newest additions to its menu. Asian Salad includes romaine hearts with sesame dressing, red and green peppers, jicama, orange segments, garnished with rice noodles, cilantro, green onions and black sesame seeds on top. With dressing, this salad contains 618 calories. The Chicken Panini

Sandwich is a boneless, skinless grilled chicken breast with sautéed onions, peppers and low-fat mayonnaise on a French baguette, and served with a choice of fruit, side salad, chips or fries.



Teo Alvarez
 Center Court Café Manager

THE SPORTS SHOP — AT — THE HOUSTONIAN 713.685.6719

The Sports Shop Is Undergoing Exciting Changes!

Beginning in early July and through early September, The Sports Shop will undergo a face lift to better serve our Member and Hotel guest needs. We will remain open during this construction period, operating out of a smaller space with a slimmer inventory. However, we still will be able to handle special orders, alterations and monogram services during this time.

**Drop by for a visit and
 see what's in store!**

VOYAGERS ACTIVITIES

A new Tai Chi class is being offered at 10 a.m. each Tuesday on The Meadow, with Todd Greenlaw.

Socials are held on the second Monday of each month, so mark your calendar for July 14, Aug. 11 and Sept. 8.

For more information, call Mitzi Ruff
 at 713.685.7934.



WHY YOGA?

Part II

by Misha Laird, Yoga Coordinator

Part two of our explorations in The Houstonian's yoga programs focuses our attention on the Sunday morning Ashtanga class.

Sunday morning Ashtanga is a sequence of postures called the First Series. These postures focus on ujjayi breathing and keeping the bandhas, or energy locks, engaged to cleanse the body while building strength and stamina. Long-time Houstonian Member and yogini, Patricia Sturdivant describes the class as



“a true moving meditation that meshes and elevates strength, flexibility and endurance to others levels through rhythm.”

Ashtanga exemplifies Sri Tirumala Krishnamacharya's

influence on modern Hatha Yoga. For seven years in the early 1900s, Krishnamacharya, a scholar, shadowed a yogi in a Himalayan cave to study the Yoga Sutras of Patanjali. Soon after, the Maharajah of Mysore, India hired Krishnamacharya to open a yoga school at the palace. While teaching groups of boys at the palace, Krishnamacharya passed along his yoga wisdom and developed Ashtanga. Even David Swenson of Sugar Land studied under one of Krishnamacharya's students and helped spread Ashtanga to the west.

Join us at 11:30 a.m. Sunday mornings to let the sweat pour in remembrance that this was originally designed for a bunch of boys!

Houstonian RUNFIT

RUNFIT will start in August 2008 and will end in January 2009 with the Houston Marathon and Half-Marathon. This program is designed for novice and intermediate-level runners.

Monthly schedules will be sent on-line. We will hold seminars and clinics on a monthly basis, along with weekly and weekend cross-training, including swim sessions with a Masters Coach, indoor cycle classes, core and strength training sessions and walk/jog/run training sessions. For more information contact Annabelle Landa at Ablanda@houstonian.com.

NEW OPTIONS FOR GROUP EXERCISE!

We recently added three new classes to the Group Exercise schedule:

Stretch Dynamics

Improve your balance, muscular control and flexibility through movements taken from Pilates, Yoga and Sports Conditioning. The class is taught on a yoga mat in bare feet.

**Mondays 12:15 – 1 p.m. and
Wednesdays 6 – 6:45 p.m.
with Becky Franklin**

Triple Threat

A total body workout in three 25-minute sections! Think cardio-cardio-strength! This class includes 50 minutes of two different types of cardiovascular exercise, followed by 25 minutes of strength work.

**Wednesdays 9:45 – 11 a.m. with Shelley Scheffler
Saturdays 10:45 a.m. – Noon with Joei Didow**

Just Weights

A Muscles Class designed with men in mind! NO choreography and NO coordination needed. Plan to do your cardio workout before you arrive; in this class you'll do 40 minutes of “Just Weights.”

**Tuesdays 5:30 – 6:10 p.m. with Hardy Pollard
Thursdays 5:30 – 6:10 p.m. with Joei Didow**



PILATES STUDIO MODERNIZED

We are pleased to introduce our updated, modernized Pilates studio, which was reworked to provide a more conducive area for our Pilates participants. During the construction process, the classes were temporarily moved across the hall into studio B, which turned out to be a huge success, as it provided members a wonderful ambiance and exterior views.

The new studio is very “Feng shui” in its layout, and we have received very positive feedback from our members, thanks to the efforts of Becky Franklin, Kim Kilway and the entire Pilates team. During the construction process, we plan to move the studio to provide exterior views, so please be patient with us as we work to complete the overall project.

**For more information about Group Exercise,
contact Melissa Shippy at 713.685.7971.**

The Houstonian Boasts International Padel Cup Champions!

Mike May, director of racquet sports at The Houstonian Club, and Leo Contini, also a pro at The Houstonian, have returned from Switzerland and the World Padel Ball Championships, and brought home the First Place Cup!

Spelled Padel by its followers, it is a unique sport that combines the best of tennis, racquetball and squash. Padel is played in Argentina, Australia, Austria, Belgium, Brazil, Canada, Chile, England, France, Germany, India, Italy, Mexico, Paraguay, Portugal, Spain, Switzerland, Uruguay, Venezuela, and of course, the United States.

The first World Championships of Padel was held in Argentina in 1994, and has been held every two years since, with more than 16 countries coming together in different host countries to compete for World Rankings.



Leo and Mike, fourth and fifth from left.

Padel is growing in popularity, and Mike believes it has the potential and the right ingredients to vie for a place in the American sports industry.

Congratulations to Mike and Leo!

Youth Summer Tennis Program

The following Modern Tennis schedule is available for ages 5-16, with classes from 9 a.m. – Noon each day.

July 14 – July 28
July 21 – July 25
July 28 – Aug. 1
Aug. 11 – Aug. 15
Aug. 18 – Aug. 22



Back Row:
Coach Guy
Coach Debbie
Coach Leo

Second Row:
Jacob Casagrande
Hugo Kittel
Luke Mikale
Charlie Kugle
Asher Weathers
Collin Head

Seated:
Daryn Mehling
Sophie Meckert
Kailey Aliezer
Ann Colby
Peyton Self
Charlotte Collins
Emma Hurley

For more information, call Mike May at 713.685.6847.



Jack Mard, Dayton Evans, Lucianna Lloyd, Daisy Hall and Chloe Wharry enjoying their lunch break at Multi-Sport Week.



Daisy Hall, Jack Mard, Riley Wetmore and Amaya are all having a snack.



Zachary Bent showing the soccer key chain he made during multi-sport week.



ALL STAR SUMMER CAMP

Look at what our campers have been up to!

The Houstonian All Star Camps are specifically and exclusively designed for children of Houstonian Club Members. Our goal is to help children develop healthy lifestyles, exercise routines, and good nutrition that last a lifetime through fun, hands-on, interactive play experiences. Each week of a camp is a different wacky theme. Children will have the opportunity to get messy with arts and crafts, explore the Houstonian Campus and be involved in activities that are directly tied to the theme for that week.

All Star Camp – Ages 5 to 12

Jr. All Star Camp – Ages 3 & 4

Session 8 – Double Dare Week

Monday, July 14 – Friday, July 18

Session 9 – The Great Outdoors

Monday, July 21 – Friday, July 25

Session 10 – Time Traveler

Monday, July 28 – Friday, Aug. 1

Session 11 – All Star Camper Idol

Monday, Aug. 4 – Friday, Aug. 8

Session 12 – Super Heroes Week

Monday, Aug. 11 – Friday, Aug. 15

Spaces are limited so enroll your little Houstonian Member today! To register for camp, you may pick up a camp packet at the Club Front Desk, go to myhoustonian.com and click on youth, or call 713.685.7912.





Eric Helfman pictured with course instructor, Jessica Givens

COLLEGE BOUND?

For the first time, The Houstonian Club is offering a class to help college-bound members prepare for the college application process. Applying for college can be made a lot easier, thanks to the All-in-1 College Application Class, exclusively for Houstonian Club Members. Developed and taught by Jessica Givens, the class will cover such topics as college selection, resume development, essay writing, Common Application Online and Texas Application Online.

**The two-week, two-hour sessions are
July 7-18 and July 21-Aug. 1
9:30-11:30 a.m., or 11:45-1:45 p.m.**

Givens has 11 years experience in college admissions, having worked with hundreds of applicants over the years, with a 100 percent success rate.

The classes are limited to 10 participants per session. For more information, contact Nena Perdue at 713.685.6595, or nperdue@houstonian.com.

HOUSTONIAN HOOPS

Coach Dimitrios Carter recently joined the Houstonian Team as our Basketball Specialist. He has an extensive background in perfecting basketball skills for players of all ages. During the summer months, he is offering Houstonian Teens a unique program.

**Tuesdays and Thursdays
4-5 p.m., specifically for ages 12 to 15.**

**Tuesdays and Thursdays
5-6 p.m., specifically for ages 16 to 18.**

Please email nperdue@houstonian.com to register or receive additional information.

Kids Can Have Hip-Hop'N Fun!

Calling all kids! No prior dance experience required! KID Hip-Hop Dance Class with Bob Luna features the latest influences in Hip-Hop and jazz dance, as they come together in this high-energy cardio class. Feel like the STAR of a music video as you learn a short routine in an easy-to-follow format.



**Studio A
3-4 p.m.
Tuesdays-Thursdays**

Through July 24,
at no charge.

For more information, contact
Melissa Shippy at 713.685.7971.

**With our limited parking this summer due
to construction, please try to carpool
when you visit The Houstonian Club.**

It will save a space, and gas!

Thank you for your cooperation!



Redstone Golf Club Tournament Course

**Enjoy a round of golf for 4 for the price
of 3. (A savings of \$135!)**

**To book your tee time, call the Pro Shop
at 281.TEE.TIME or 281.833.8463.**

Offer valid from July 5-Aug. 31, 2008.



The Houstonian is pleased to announce that Lash Extensions now are available at Trellis. The ultimate in pampering, extensions darken, thicken and lengthen natural lashes, giving the look of already made-up eyes. Lash extensions come in all lengths, sizes and colors to accomplish the look you want: cat eyes, baby doll, natural, etc.

**Full Lash Application (two hours) is \$295,
and touch-ups (one hour) are \$115.**

Call for your appointment today!

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THE HOUSTONIAN CLUB

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