



























## FEBRUARY 2012 CLUB MASTER SCHEDULE

### MONDAY

STARTS	TIME	CLASS	LOCATION	INSTRUCTOR	KEY	COST	CONTACT
	5:45-6:45	Studio Cycle + Abs	Cycle Studio	Terry Williams			
	5:45 -6:45	SwimFit-Distance	Sports Pool	Mark Hahn			713.263.6561
NEW	5:45-7:15	Run Strong	Club Lobby	Ramiro Alvarado			713-263-6534
	6:00-7:00	Meltdown	Studio A	Shanna Finucane			
	6:00-7:00	Muscles	Studio C	Pam Roussell			
	6:30-7:15	Boot Camp	Performance Zone	Tim Lamando		\$	713.263.6518
	7:30-8:30	Cutting EDGE	Studio A	Hardy Pollard			
NEW	7:30-8:20	Yoga Body	Studio B	Misha Laird			
	8:15-9:00	TRX	Studio 360	Ember Strand		\$	713.263.6519
	8:30-9:15	Studio Cycle	Cycle Studio	Leslie Zizinia			
	8:30-9:30	Yoga Stretch	Studio B	Achim Fassbender			
	8:35-9:40	Cardio Kickbox II	Studio A	Regina D'Angio			
	9:00-10:00	SwimFit-Distance	Sports Pool	Mark Hahn			713.263.6561
	9:20-10:00	Abs-Xpress Weights	Studio C	Leslie Zizinia			
	9:30-11:00	Women's Beg. Tennis League 2.0 to 2.5	Tennis Center	Chris Morehouse		\$	713.685.6847
NEW	9:30-10:15	C.S.I.	Cycle Studio	Cathy Wertheimer			
	9:40-10:45	Yoga Flow	Studio B	Marizol Cabrera			
	9:45-10:55	Cutting EDGE	Studio A	Colleen Kennedy	<b>CAP 38</b>		
Jan. 16-April 6	10:00-11:00	Revolutionary Shape Up	Fitness Center	Melissa Hawthorne		\$	713.316.5945
	10:00-10:50	Weight-Less Workout	Garden Pool	Linda Griffeth			713.685.6751
	10:00-11:00	360 Combo	Studio 360	Hardy Pollard		\$	713.685.6855
	10:15-11:15	Cutting EDGE	Studio C	Melissa Shippy			
	10:25-10:55	Lengthen and Strengthen	Cycle Studio	Cathy Wertheimer			
Jan. 16-April 6	11:00-12:00	Revolutionary Shape Up	Fitness Center	Melissa Hawthorne		\$	713.316.5945
	11:00-12:00	SYNERGY	Studio A	Kim Kilway			
	11:00-12:00	360 Combo	Studio 360	Hardy Pollard		\$	713.685.6855
	11:05-11:50	Poolates	Garden Pool	Linda Griffeth			713.685.6751
	11:15-12:15	Pilates +	Studio B	Cathy Wertheimer			
	11:30-12:30	Core Motion	Studio C	Mitzi Ruff			
	12:00-1:00	SwimFit-Distance	Sports Pool	Mark Hahn			713.263.6561
	12:20-1:05	Flexibility Solution	Studio B	Matt Blackwell			
	12:30-1:00	360 Xpress	Studio 360	Cathy Wertheimer		\$	713.685.6855
	1:15-2:15	Perfect Balance	Studio C	Mitzi Ruff			
	1:30-2:30	Cutting EDGE	Studio A	Melissa Shippy			
	2:35-3:35	Just for Men	Studio A	Sam Grow			
<b>Feb. 13</b>	<b>2:30-3:30</b>	<b>Voyager Social-Alzheimer's speaker</b>	<b>Club Boardroom</b>	<b>Brooke Hayward</b>			<b>713.263.6536</b>
	4:00-6:00	Coach Connie's Padel Junior Program	Padel Courts	Connie Paul		\$	713.685.6847
NEW	4:00-5:00	Junior Tennis Program Ages 4-6	Tennis Center	Leo Contini		\$	713.685.6847
Jan. 9-April 20	4:00-4:30	Sport Conditioning - Ages 5-7	Studio C	Matt Blackwell			713.685.7912
	4:30-5:30	Dolphins Fitness Swim	Sports Pool	Jason Bergstrom		\$	713.263.6562
Jan. 9-April 20	4:30-5:00	Sport Conditioning - Ages 8-14	Studio C	Matt Blackwell			713.685.7912
Jan. 9-April 20	4:45-5:30	Youth Basketball - Ages 5-7	Basketball Court	Dimitrios Carter		\$	713.685.7912
NEW	5:00-6:00	Junior Tennis Program Ages 7-15	Tennis Center	Leo Contini		\$	713.685.6847
NEW	5:00-6:30	Junior Tennis Program Advanced Group	Tennis Center	Leo Contini		\$	713.685.6847
	5:00-5:55	Caliente'	Studio A	Bob Luna			
	5:00-5:45	K.A.R.B.	Studio C	Pam Roussell			
Jan. 9-April 20	5:30-6:15	Youth Basketball - Ages 8-12	Basketball Court	Dimitrios Carter		\$	713.685.7912
	5:30-6:15	Studio Cycle	Cycle Studio	Chad Neal	<b>CAP 65</b>		
	5:30-6:30	360 Combo	Studio 360	Eran Malone		\$	713.685.6855
	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	Classic Pilates	Studio C	Erik Johnson			
	6:00-7:00	Cutting EDGE	Studio A	Regina D'Angio			
	6:00-7:00	SwimFit- Beginner and Triathlete	Sports Pool	Mark Hahn			713.263.6561
	6:30-8:00	Co-ed Padel Drills open to all levels	Padel Courts	Nikki Lieu		\$	713.685.6847
	6:30-7:15	Studio Cycle	Cycle Studio	Natalie Al-Banna			
	7:15-8:15	Yoga Stretch	Studio B	Andrew Dugas			

























## FEBRUARY 2012 CLUB MASTER SCHEDULE

### TUESDAY

STARTS	TIME	CLASS	LOCATION	INSTRUCTOR	KEY	COST	CONTACT
	By Appt	Knockout Training	Boxing Studio	Jesse Montemayor		\$ 713.316.2716	
	By Appt	Fitness Orientations	Fitness Center	Fitness Service Agents/ PT			713.316.2716
	5:30-6:15	Boot Camp/Ski Fit	Meadow/Performance Zone	Bob Talamini		\$ 713.263.6532	
	5:45-6:45	SwimFit-Middle Distance	Sports Pool	Jason Bergstrom			713.263.6562
	5:45-6:30	Studio Cycle	Cycle Studio	Leslie Zizinia			
	6:00-7:00	Kettle Bell	Meadow/Performance Zone	Sean Cashman		\$ 713.263.6502	
	6:00-7:00	Cardio Tai Box	Studio A	Joe Ellison			
	6:35-7:05	Xpress Weights	Studio C	Leslie Zizinia			
	7:30-8:15	VideoSpin	Cycle Studio	Hardy Pollard			
	7:30-8:25	Meltdown	Studio A	Pam Roussell			
	7:30-8:30	Yoga Heat	Studio B	Marizol Cabrera			
	8:00-9:00	SwimFit-Middle Distance	Sports Pool	Mark Hahn			713.263.6561
	8:35-9:30	Core Motion	Studio A	Melissa Shippy			
	8:35-9:35	Inversion Work at the Wall	Studio B	Andrew Dugas			
	8:35-9:30	Hardcore Pilates	Studio C	Leslie Zizinia			
	9:00-9:45	Rhythm Ride	Cycle Studio	Joel Didow			
<b>Feb. 7</b>	<b>9:00-10:30</b>	<b>Grocery Store Tour</b>	<b>HEB Buffalo Spwy</b>	<b>Melisa Hawthorne</b>		<b>\$ 713.316.5945</b>	
Every Tuesday	9:00-11:00	Technology Club	Club Boardroom	Brooke Hayward			713.263.6536
	9:30-10:15	Sleek Physique	Performance Zone	Trey Eckerman		\$ 713.263.6504	
	9:35-10:50	"O" Zone	Studio A	Eran Malone			
	9:45-10:45	Sensuale'	Studio B	Maria Kelly			
Jan. 16-April 6	10:00-11:30	Revolutionary Shape Up	Fitness Center	Melissa Hawthorne		\$ 713.316.5945	
	10:00-10:30	Kettlebell 360	Studio 360	Sean Cashman			713.685.6855
	10:00-10:45	H-45 Xtreme	Basketball Court	Hardy Pollard			
	10:00-10:45	Voyager Cycle	Cycle Studio	Mitzi Ruff			713.685.6721
<b>NEW</b>	10:00-10:45	K.A.R.B.	Studio C	Melissa Shippy			
	10:45-11:45	Pilates on Corepole	Studio A	Maria Kelly	<b>CAP 24</b>		
	11:00-12:00	360 Combo	Studio 360	Hardy Pollard		\$ 713.685.6855	
	11:00-12:00	Voyager Yoga	Studio C	Kristina Keller			713.685.6721
	11:00-12:15	Yoga Lab	Studio B	Robert Boustany			
	12:00-1:00	Studio Cycle	Cycle Studio	Frances Caron			
	12:30-1:30	Begin With Muscles	Studio A	Mitzi Ruff			713.685.6721
	12:30-1:00	Ski Fit	Studio 360	Matt Blackwell		\$ 713.263.6525	
	12:30-1:00	Step Up to the Plate	Studio 360	Kim Kilway		\$ 713.685.6855	
	12:30-1:30	Yoga Stretch	Studio B	Misha Laird			
	3:30-4:00	Otters PST Beginners	Garden & Resort Pool	Connie Paul		\$ 713.263.6563	
<b>NEW</b>	3:30-4:30	Junior Tennis Program Ages 4-6	Tennis Center	Leo Contini		\$ 713.685.6847	
Jan 9-April 20	3:45-4:30	Kids Caliente' - Ages 5-12	Studio A	Bob Luna			713.685.7912
	4:00-4:45	Otters PST Advanced	Garden & Resort Pool	Connie Paul		\$ 713.263.6563	
	4:00-4:30	After School Teen Fit- Beginner	Studio 360	Matt Blackwell		\$ 713.263.6525	
	4:30-5:30	Dolphins Fitness Swim	Sports Pool	Jason Bergstrom		\$ 713.263.6562	
	4:30-5:00	After School Teen Fit- Intermediate	Studio 360	Matt Blackwell		\$ 713.263.6525	
	4:30-5:30	Junior Tennis Program Ages 7-15	Tennis Center	Leo Contini		\$ 713.685.6847	
	4:30-6:00	Junior Tennis Program Advanced	Tennis Center	Leo Contini		\$ 713.685.6847	
	4:45-5:30	Otters PST Elite	Garden & Resort Pool	Connie Paul		\$ 713.263.6563	
Jan 9-April 20	5:00-5:45	Youth Cheerleading/Tumbling	Studio C	Cydney Whitney		\$ 713.685.7912	
	5:00-5:45	Fight Fit	Boxing Studio	Mo Oteiza		\$ 713.478.2652	
	5:00-6:00	Yoga Heat	Studio B	Kandi Handel			
Jan. 16-April 6	5:30-7:00	Revolutionary Shape Up	Fitness Center	Melissa Hawthorne		\$ 713.316.5945	
	5:30-6:15	Cycle Tech	Cycle Studio	Brooke Hayward			
	5:30-6:10	"Just Weights"	Studio A	Joel Didow			
	6:15-7:00	H45 Xtreme	Studio A	Regina D'Angio			
	6:15-7:15	K.A.R.B.	Studio C	Donna Buie			
	6:30-7:15	Studio Cycle	Cycle Studio	Cherie Troxell			
	6:30-8:00	Beg/Int. Co-Ed Tennis Clinic	Tennis Center	Guy Cowan		\$ 713.685.6847	

## FEBRUARY 2012 CLUB MASTER SCHEDULE

### WEDNESDAY

STARTS	TIME	CLASS	LOCATION	INSTRUCTOR	KEY	COST	CONTACT
	By Appt	Knockout Training	Boxing Studio	Jesse Montemayor		\$	713.316.2716
	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			
NEW	5:45-7:15	Run Strong	Club Lobby	Ramiro Alvarado			713-263-6534
	6:00-7:00	H.I.I.T. & Run	Studio C	Johnna Cash			
	6:00-7:00	360 Combo	Studio 360	Hardy Pollard		\$	713.685.6855
	6:00-7:00	Yoga Heat	Studio B	Marizol Cabrera			
	6:00-7:00	Cutting EDGE	Studio A	Shanna Finucane			
	6:30-8:00	Advanced Men's Drills	Tennis Center	Chris Morehouse		\$	713.685.6847
	6:30-7:15	Boot Camp	Performance Zone	Tim Lamando		\$	713.263.6518
	7:15-8:15	Yoga Body	Studio B	Andrew Dugas			
	7:30-8:30	Muscles	Studio A	Hardy Pollard			
<b>Feb. 8</b>	<b>8am - 8pm</b>	<b>Fly A Kite</b>	<b>Bungalow/Kids Gym</b>	<b>Adam Dunlap</b>			<b>713.685.7912</b>
	8:30-9:30	Yoga Body	Studio B	Rie Congelio			
	8:30-9:15	Rhythm Ride	Cycle Studio	Joel Didow			
	8:35-9:35	Cutting EDGE	Studio A	Regina D'Angio			
NEW	9:00-9:45	ViPR Training	Basketball Ct	Derith Cass		\$	713.263.6500
	9:00-12:00	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			713.263.6561
	9:20-10:00	Abs.-Xpress Weights	Studio C	Joel Didow			
	9:45-10:45	Classic Pilates	Studio B	Maria Kelly			
	9:45-11:00	Ultimate Conditioning	Studio A	Eran Malone			
Jan. 16-April 6	10:00-11:00	Revolutionary Shape Up	Fitness Center	Melissa Hawthorne		\$	713.316.5945
	10:00-10:50	Hydro Tone Aquatic Workout	Garden Pool	Linda Griffeth			713.685.6751
Jan. 16-April 6	11:00-12:00	Revolutionary Shape Up	Fitness Center	Melissa Hawthorne		\$	713.316.5945
	11:00-11:30	360 Xpress	Studio 360	Kim Kilway		\$	713.685.6855
	11:00-12:15	Yoga Lab	Studio B	Robert Boustany			
	11:00-12:00	Basketball Exercise	Basketball Ct	Ember Strand			713.685.6721
	11:05-11:50	Aqua Core Workout	Garden Pool	Linda Griffeth			713.685.6751
	11:15-12:15	Barre Code	Studio C	Eran Malone			
	11:30-12:00	Step Up to the Plate	Studio 360	Kim Kilway		\$	713.685.6855
	11:30-12:30	Cutting EDGE	Studio A	Cathy Wertheimer			
	12:00-1:00	Get Ripped & Ride	Cycle Studio	Maurice and Bob			
	12:00-1:00	SwimFit- Mid-Distance	Sports Pool	Mark Hahn			713.685.6751
	12:00-1:00	360 Combo	Studio 360	Lara Norville		\$	713.685.6855
	1:00-2:00	Corepole	Studio A	Mitzi Ruff			713.685.6721
	2:00-3:00	Just For Men	Studio A	Sam Grow			713.685.6721
<b>Feb. 8</b>	<b>2:20</b>	<b>Voyager Chocolate Bar Event</b>	<b>The Chocolate Bar</b>	<b>Brooke Hayward</b>		\$	<b>713.263.6536</b>
Jan. 9-April 20	4:00-4:30	Sport Conditioning - Ages 5-7	Studio C	Matt Blackwell			713.685.7912
	4:30-5:30	Dolphins Fitness Swim	Sports Pool	Jason Bergstrom		\$	713.263.6562
	4:30-5:30	Junior Tennis Program Ages 7-10	Tennis Center	Leo Contini		\$	713.685.6847
	4:30-5:30	Junior Tennis Program Ages 11-15	Tennis Center	Leo Contini		\$	713.685.6847
Jan. 9-April 20	4:30-5:00	Sport Conditioning - Ages 8-14	Studio C	Matt Blackwell			713.685.7912
NEW	5:30-7:30	Men's Tennis 4.0 Drop In	Tennis Center	Mike May			713.685.6847
	5:30-6:30	360 Combo	Studio 360	Eran Malone		\$	713.685.6855
	5:30-6:15	Rhythm Ride	Cycle Studio	Joel Didow			
	5:30-6:30	Kettlebell 360	Studio 360	Sean and King		\$	713.685.6855
	5:30-6:30	Hardcore Pilates	Studio C	Leslie Zizinia			
	6:00-7:00	Cardio Kickbox I	Studio A	Regina D'Angio			
	6:00-7:10	Yoga Heat	Studio B	Achim Fassbender			
	6:00-7:00	SwimFit Beginner and Triathlete	Sports Pool	Jason Bergstrom			713.263.6562
<b>Feb. 22</b>	<b>6:30-8:00</b>	<b>Grocery Store Tour</b>	<b>Whole Foods-Waugh</b>	<b>Melissa Hawthorne</b>		\$	<b>713.316.5945</b>
	6:30-7:30	Cardio Tennis 3.0 and Up	Tennis Center	Alex Frias, Nikki L.			\$ 713.685.6847
	6:30-7:15	Studio Cycle	Cycle Studio	Hans Siemelink			
	7:15-8:15	Yoga Stretch	Studio B	Achim Fassbender			

## FEBRUARY 2012 CLUB MASTER SCHEDULE

### THURSDAY

STARTS	TIME	CLASS	LOCATION	INSTRUCTOR	KEY	COST	CONTACT
	By Appt	Knockout Training	Boxing Studio	Jesse Montemayor		\$ 713.316.2716	
	5:30-6:15	Boot Camp/Ski Fit	Meadow/Performance Zone	Bob Talamini		\$ 713.263.6532	
	5:45-6:45	SwimFit-Distance	Sports Pool	Jason Bergstrom		713.263.6562	
	5:45-6:30	Cycle Tech	Cycle Studio	Brooke Hayward			
	6:00-7:00	Kettle Bell	Meadow/Performance Zone	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			
	6:30-7:00	Step Up to the Plate	Studio 360	Bob Talamini		\$ 713.685.6855	
	6:35-7:05	Xpress Weights	Studio C	Brooke Hayward			
	7:30-8:30	Yoga Heat	Studio B	Marizol Cabrera			
	7:30-8:25	Core Performance	Studio A	Shanna Finucane			
	8:00-9:00	SwimFit-Distance	Sports Pool	Jason Bergstrom		713.263.6562	
	8:00-8:30	Kettlebell 360	Studio 360	Sean Cashman		\$ 713.685.6855	
	8:30-9:35	"O" Zone	Studio A	Regina D'Angio			
	8:30-9:15	Cycle Tech	Cycle Studio	Matt Blackwell			
	8:30-9:00	Step Up to the Plate	Studio 360	Joel Didow		\$ 713.685.6855	
	8:35-9:35	Yoga Flow	Studio B	Marizol Cabrera			
	8:35-9:35	Cardioga	Studio C	Pam or Johnna			
	9:00-10:30	Beg.(2.0 to 2.5) Ladies Tennis Clinic	Tennis Center	Michael Caeg		\$ 713.685.6847	
	9:00-9:30	360 X-press	Studio 360	Joel Didow		\$ 713.685.6855	
	9:30-10:00	360 X-press	Studio 360	Joel Didow		\$ 713.685.6855	
	9:30-10:15	Sleek Physique	Performance Zone	Trey Eckerman		\$ 713.263.6504	
	9:30-10:30	Studio Cycle	Cycle Studio	Hardy Pollard			
	9:40-10:40	Everybody DANCE	Studio A	Bob Luna			
	9:45-10:25	"Just Weights"	Studio C	Melissa Shippy			
	9:45-10:55	Yoga Heat	Studio B	Pam Roussell			
Jan. 16-April 6	10:00-11:30	Revolutionary Shape Up	Fitness Center	Melissa Hawthorne		\$ 713.316.5945	
NEW	10:30-11:30	Pump	Studio C	Mitzi Ruff			
	10:45-11:30	Pilates on the Corepole	Studio A	Kim or Maria	CAP 24		
	10:45-11:30	Voyager Cycle	Cycle Studio	Sam Grow		713.685.6721	
	11:00-12:00	360 Combo	Studio 360	Hardy Pollard		\$ 713.685.6855	
	11:35-12:25	Step Box	Studio A	Colleen Kennedy			
	11:35-12:30	Voyager Yoga	Studio B	Kristina Keller		713.685.6721	
	12:00-1:00	Classic Pilates	Studio C	Frances Caron			
	12:00-12:30	Ski Fit	Studio 360	Matt Blackwell		\$ 713.685.6855	
	12:35-1:35	Begin With Muscles	Studio A	Cathy Wertheimer		713.685.6721	
	3:30-4:00	Otters PST Beginners	Garden & Resort Pool	Connie Paul		\$ 713.263.6563	
	4:00-4:45	Otters PST Advanced	Garden & Resort Pool	Connie Paul		\$ 713.263.6563	
NEW	4:00-5:00	Junior Tennis Program Ages 4-6	Tennis Center	Leo Contini		713.685.6847	
Jan. 9-April 20	4:00-4:45	Kids Kickboxing	Studio A	Regina D'Angio		713.685.7912	
	4:00-4:30	After School Teen Fit- Beginner	Studio 360	Matt Blackwell		\$ 713.263.6525	
	4:30-5:30	Dolphins Fitness Swim	Sports Pool	Jason Bergstrom		\$ 713.263.6562	
	4:30-5:00	After School Teen Fit- Intermediate	Studio 360	Matt Blackwell		\$ 713.263.6525	
	4:45-5:30	Otters PST Elite	Garden & Resort Pool	Connie Paul		\$ 713.263.6563	
	5:00-5:55	Yoga Stretch	Studio B	Marizol Cabrera			
NEW	5:00-6:00	Junior Tennis Program Ages 4-6	Tennis Center	Leo Contini		\$ 713.685.6847	
NEW	5:00-6:30	Junior Tennis Program Advanced Group	Tennis Center	Leo Contini		\$ 713.685.6847	
Jan. 16-April 6	5:30-7:00	Revolutionary Shape Up	Fitness Center	Melissa Hawthorne		\$ 713.316.5945	
	5:30-6:30	Studio Cycle + Abs	Cycle Studio	Natalie Al-Banna			
	5:30-6:10	"Just Weights"	Studio A	Joel Didow			
	6:00-7:00	Yoga Heat	Studio B	Marizol Cabrera			
Feb. 16	<b>6:00-8:00</b>	<b>Family Night Buffet</b>	<b>Center Court Café</b>	<b>Jill McQuire</b>		<b>\$ 713.685.6764</b>	
	6:15-7:15	Classic Pilates	Studio C	Erik Johnson			
	6:30-8:00	CO-ED Advanced Tennis Drills	Tennis Center	Michael & Alex		\$ 713.685.6847	








## FEBRUARY 2012 CLUB MASTER SCHEDULE

### FRIDAY

STARTS	TIME	CLASS	LOCATION	INSTRUCTOR	KEY	COST	CONTACT
	By Appt	Knockout Training	Boxing Studio	Jesse Montemayor		\$	713.316.2716
	5:45-6:30	VideoSpin	Cycle Studio	Hardy Pollard			
	5:45-6:45	SwimFit Mid Distance/Sprints	Sports Pool	Mark Hahn			713.263.6561
	6:00-7:00	Muscles	Studio A	Leslie Zizinia			
	6:30-7:15	Boot Camp	Meadow	Tim Lamando		\$	713.263.6518
	6:35-7:05	X-press Weights	Studio C	Hardy Pollard			
	7:30-8:25	Meltdown	Studio A	Shanna Finucane			
	8:15-9:00	TRX	Studio 360	Ember Strand		\$	713.263.6519
	8:30-9:15	I.C.E.	Cycle Studio	Fiona Siemelink			
	8:30-9:30	Muscles	Studio A	Hardy Pollard			
	8:30-9:30	Yoga Body	Studio B	Rie Congelio			
	8:30-9:30	Cardio Tennis 3.0 and Up	Tennis Center	Alex Frias, Nikki L.		\$	713.685.6847
	8:30-9:25	Hardcore Pilates	Studio C	Leslie Zizinia			
	9:00-10:00	SwimFit Mid Distance/Sprints	Sports Pool	Mark Hahn			713.263.6561
	9:25-9:55	BYO-Body	Basketball Court	Fiona Siemelink			
	9:30-10:15	Pilat-ease	Studio C	Cathy Wertheimer			713.685.6721
	9:30-11:00	Ladies 3.5 Level/ Up, Tennis Clinic	Tennis Center	Chris Morehouse		\$	713.685.6847
	9:30-10:35	Rhythm Ride + Abs	Cycle Studio	Joel Didow			
	9:35-10:35	Cardio Kickbox II	Studio A	Melissa Shippy			
	9:45-11:15	Yoga Flow	Studio B	Misha Laird			
Jan. 16-April 6	10:00-11:00	Revolutionary Shape Up	Fitness Center	Melissa Hawthorne		\$	713.316.5945
	10:00-11:00	360 Combo	Studio 360	Hardy Pollard		\$	713.685.6855
	10:00-10:50	Splash Power	Garden Pool	Linda Griffeth			713.685.6751
	10:30-11:15	Voyagers Cycle	Cycle Studio	Mitzi Ruff			713.685.6721
	10:45-11:30	Muscles	Studio C	Melissa Shippy			
	11:00-12:00	Coach Connie's Pee Wee padel	Padel Courts	Connie Paul			713.685.6847
Jan. 16-April 6	11:00-12:00	Revolutionary Shape Up	Fitness Center	Melissa Hawthorne		\$	713.316.5945
	11:00-12:00	Basketball Exercise	Basketball Court	Ember Strand			713.685.6721
	10:50-11:50	BARRE CODE	Studio A	Maria or Kim			
	11:05-11:50	Sports Specific Challenges	Garden Pool	Linda Griffeth			713.685.6751
	11:30-12:00	Step Up to the Plate	Studio 360	Kim Kilway		\$	713.685.6855
	12:00-1:00	Dance the Step	Studio A	Jerry Jones			
	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		\$	713.685.6855
	12:00-1:00	Perfect Balance	Studio C	Sam Grow			
	2:00-3:00	Just For Men	Studio A	Sam Grow			713.685.6721
	2:00-3:00	360 Combo	Studio 360	Eran Malone		\$	713.685.6855
Jan 20 - March 2	3:45-4:30	Younger Kid Yoga - Ages 4 and up	Studio B	Daivi		\$	713.685.7912
Jan 20 - March 2	4:35-5:35	Older Kid Yoga - Ages 8 and up	Studio B	Daivi		\$	713.685.7912
	4:30-5:30	Dolphins Fitness Swim	Sports Pool	Jason Bergstrom		\$	713.263.6562
	5:30-6:15	Cycle Tech	Cycle Studio	Lisa Rainey			
	6:00-7:00	Yoga Heat	Studio B	Andrew Dugas			
Feb. 17	6:00-9:30	Kids Night Out - XOXOXO Hugs & Kisses	Studio A/Studio C	Adam Dunlap		\$	713.263.6595
Feb. 17	NEW 6:30-9:00	Tennis Mixer, Every 3rd Friday. All Levels	Tennis Center	Mike May		\$	713.685.6847

## FEBRUARY 2012 CLUB MASTER SCHEDULE

### SATURDAY

	STARTS	TIME	CLASS	LOCATION	INSTRUCTOR	KEY	COST	CONTACT
		7:00-8:00am	Muscles	Studio A	Regina D'Angio			
		7:30-8:30	Studio Cycle	Cycle Studio	Hardy Pollard			
		7:45-8:45	Yoga Flow	Studio B	Misha Lard			
		8:15-9:25	Core Performance	Studio A	Shanna Finucane			
		8:15-9:30	SwimFit-Distance	Sports Pool	Jason Bergstrom			713.263.6562
		8:30-9:30	Cardioga	Studio C	Maria or Johnna			
NEW		9:00-11:00	CO-ED Padel Drop In	Padel Courts	Mike May			713.685.6847
NEW		7:30-10:00	Men's 3.5 to 4.0 Level Tennis Drop In	Tennis Center	Mike May			713.685.6847
		8:50-9:50	Yoga Stretch	Studio B	Andrew Dugas			
NEW		9:00-9:45	Boot Camp	Performance Zone	Hanna Beery		\$	713.263.6591
		9:00-10:00	360 Combo	Studio 360	Hardy Pollard		\$	713.685.6855
		9:00-10:00	High Energy Cardio, Core and More	Resort Pool	Donna Barnette			713.685.6751
		9:00-10:00	Studio Cycle	Cycle Studio	Kim Kilway			
		9:30-10:30	Everybody DANCE	Studio A	Bob Luna			
		9:40-10:20	"Just Weights"	Studio C	Maria or Johnna			
		9:55-10:55	Classic Pilates	Studio B	Erik Johnson			
		10:00-11:00	360 Combo	Studio 360	Hardy Pollard		\$	713.685.6855
		10:30-11:30	Hardcore Pilates	Studio C	Kim Kilway			
		10:30-11:30	Studio Cycle	Cycle Studio	Chad Neal	CAP 65		
Feb. 25		<b>11:30 - 12:30</b>	<b>60 Seconds or Less - Ages 8 and up</b>	<b>Basketball Court</b>	<b>Adam Dunlap</b>			<b>713.263.6595</b>
		10:45-12:00	Drill Max	Studio A	Eran Malone			
		11:00-12:00	Yoga Body	Studio B	Achim Fassbender			
		11:45-12:30	Studio Cycle	Cycle Studio	Jerry Jones			
		12:15-1:30	Yoga Heat	Studio B	Achim Fassbender			
Weekly		1:00-4:00	QuickStart Junior Tennis Beginners	Tennis Center	Debbie Ladig		\$	713.685.6847
Jan 21 - March 3		4:00 - 5:30	Teen Yoga	Daivi	Studio B		\$	713.685.7912

### SUNDAY

	STARTS	TIME	CLASS	LOCATION	INSTRUCTOR	CLASS KEY	COST	CONTACT
		9:00-10:00	Bench & Box	Studio A	Ben Roberson			
		9:00-10:00	Classic Pilates	Studio C	Erik Johnson			
		9:00-10:00	SwimFit-Distance	Sports Pool	Mark Hahn			713.263.6561
Feb 12 - April 15		8:30-9:25	M5150 Training Ride	Cycle Studio	Lisa Rainey			
		9:30-10:30	Cycle	Cycle Studio	Lisa or Regina			
		10:15-11:30	Urban Rebounding	Studio A	Ben Roberson			
		10:15-11:15	Yoga Breathe	Studio B	Misha Laird			
		10:45-11:30	Studio Cycle	Cycle Studio	Joei or Terry			
		11:05-11:50	H45 Xtreme	Basketball Court	Regina D'Angio			
		11:30-12:45	Yoga Move	Studio B	Misha Laird			
		11:40-12:10	Xpress Weights	Studio C	Joei or Terry			
		1:00-4:00	QuickStart Junior Tennis Drills	Tennis Center	Debbie Ladig		\$	713.685.6847
		3:30-4:40	Yoga Heat	Studio B	Achim Fassbender			
		3:45-4:45	Cutting EDGE	Studio A	Jerry Jones			
		4:30-6:00	Advanced Men's Tennis Drills	Tennis Center	Chris Morehouse		\$	713.685.6847
		4:30-5:30	Studio Cycle	Cycle Studio	Regina D'Angio			
		4:45-5:45	Yoga Body	Studio B	Andrew Dugas			
Feb. 5		<b>5:30 P.M.</b>	<b>Super Bowl Party</b>	<b>Center Court Café</b>	<b>Jill McGuire</b>		\$	<b>713.685.6764</b>
Feb. 12		<b>5:00-7:00</b>	<b>Daddy/Daughter Dance</b>	<b>Grande Ballroom</b>	<b>Adam Dunlap</b>		\$	<b>713.263.6595</b>



#### CLASS KEY

- Registration Required
- Fee Based Classes
- Voyager
- 12-14yrs 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**