

The Houstonian Club Unveils New Fitness Offerings for the New Year

The Houstonian Club's newest offerings provide even more value for members inside and outside the gym.

HOUSTON, TX, UNITED STATES, January 24, 2024 /EINPresswire.com/ -- [The Houstonian Club](#), a nationally recognized fitness and wellness facility, is introducing new and innovative ways for its members and registered hotel guests to enhance their overall well-being in the upcoming year. The Club has recently launched four new fitness initiatives—Active Living, Assisted Stretch Sessions, Functional Mobility, and Small Group Training Programs—and is committed to supporting members at every stage of their fitness journey.



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According to Heather Thompson, Fitness Director, The Houstonian Club is dedicated to keeping its members inspired through workouts, functional movements, and mobility. "These elements not only form the foundation of exceptional physical fitness but also ensure an excellent quality of life. Although The Houstonian Club offers over [180 group exercise classes](#) where members can lift, run, bike, and be active in many different ways, we recognize the importance of revisiting the fundamentals, ensuring that our bodies move and stretch as nature intended."

Each new program is taught by The Houstonian Club's highly trained staff of personal trainers. The fresh offerings provide members with a robust fitness experience parallel to the already excellent Club experience that members know and love.

Active Living

Active Living sessions are ideal for anyone dealing with mobility and flexibility issues. The Active Living sessions are led by athletic trainer Shantelle Weichers, who has a unique background

combining healthcare, injury prevention/rehab, and wellness. She offers an evaluation to identify areas of discomfort to correct and improve the overall quality of life for Houstonian Club members. After the initial session, clients will leave with corrective exercises and support from Shantelle to ensure continuous care.

Assisted Stretch Sessions

The Houstonian Club wants to unlock the body's potential with one of its newest offerings, Assisted Stretch Sessions. Their highly trained staff will take members through a series of stretches to help improve performance in physical activities, decrease the risk of injury, increase range of motion and blood flow, and enable muscles to work more effectively.

Functional Mobility

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Heather Thompson, Fitness Director, The Houstonian Club

Move Well with Matt Blackwell aims to help Houstonian Club members move better in their everyday lives. Personal trainer Matt Blackwell offers one-on-one functional mobility and biomechanics assessments to identify and correct pain points and remedy tightness, pain, and weakness.

Small Group Training Programs

Those looking to jumpstart their fitness can take advantage of a six-week small group training program to set the foundation for becoming the healthiest version of themselves. Participants will work in small groups with support and accountability from one of The Houstonian

Club's trainers. They will also receive a one-on-one nutrition consultation, recommended workouts, and recovery options.

[Photos available here.](#)



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Located in the heart of Houston, The Houstonian Hotel, Club & Spa is a Forbes Travel Guide Four-Star secluded retreat adjacent to the city's iconic Memorial Park and minutes from downtown, the Galleria, and Energy Corridor. The Houstonian recently completed a \$70 million master plan renovation and was named in Travel + Leisure's World Best Awards as the #1 Resort Hotel in Texas. The resort is a member of Preferred Hotels and Resorts and is known for its timeless nature, elegant décor, private fitness club, and its involvement in Houston's historic events and celebrations. Guests at The Houstonian Hotel may relax and rejuvenate on a 27-acre

oasis, with floor-to-ceiling wooded views in its 280 newly renovated guest rooms and suites, including a new Bush Suite with memorabilia from President George H.W. Bush's time at the property. TRIBUTE restaurant serves authentic Tex-Lex cuisine with an impressive wine list, The Bar & Patio is a classic local favorite, and the Coffee Shop serves guests in the elegant hotel lobby. The hotel has 33,890 square feet of indoor meeting space and 87,349 square feet of outdoor meeting space with a "Houstonian Experiences" menu for corporate and social groups, meetings, and celebrations. The 185,000-square-foot Houstonian Club offers over 180 weekly group exercise classes, aquatic programs, indoor and outdoor tennis, a resort pool with a rockslide, a 25-meter sports lap pool, and a quiet garden pool. Houstonian Club Members and Houstonian Hotel guests enjoy the club's luxurious locker rooms and wet areas, a fully equipped fitness floor with over 300 pieces of equipment, indoor turf fitness zone, enhanced group exercise fitness studios, cycle studio, a private yoga studio with aerial silks, and an indoor basketball court. The club also provides 2 areas for children ages 6 weeks to 12 years, kids camps, and special events and programming plus an outdoor playground and butterfly garden. Poolside dining is available at the expansive Arbor Grill, with wood decks, TVs, and a fire pit, and the club's grab-and-go called Refuel offers light fare and Starbucks Coffee. The club offers a full-time registered dietitian, and a wellness therapy suite called The Covery by The Houstonian Club. At 26,500 square feet, the new Trellis Spa at The Houstonian is the largest luxury spa in the state of Texas. From the outside, it resembles a magnificent European Villa with statuesque architecture and luscious gardens. On the inside, soothing, nature-inspired hues complement a grand, light-filled reception, renovated treatment rooms, sauna and wet areas, a scenic treetop dining room, an indoor Reflection Pool, and tranquil lounging areas. Trellis offers a Skin Care Clinic and a resident celebrity makeup artist. Its outdoor Soaking Pools and Garden provides an



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authentic contrast bathing experience with open-air cabanas, rocking chairs, a fire pit, and a butterfly art installation. The Houstonian also includes Sage 'n' Bloom Floral Studio, providing bespoke floral services for weddings and celebrations, client experiences, and corporate installations on-property and to the public.

One of Houston's historic gems, the property is known for its grace, comfort, and unparalleled guest experience.

<http://www.houstonian.com/the-club>

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<https://www.facebook.com/HoustonianClub>

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