

# The Houstonian Club hosts CEC Conference for Group Exercise Instructors

*For the first time in over 25 years, the CEC Conference will make The Houstonian Club's exclusive group exercise class formats available to other instructors.*

HOUSTON, TX, UNITED STATES, August 14, 2024 /EINPresswire.com/ -- In its commitment to innovation and staying at the forefront of the fitness industry, [The Houstonian Club](#), a premier health and fitness facility in Houston, is hosting its first CEC Conference in over 25 years, in October. Continuing Education Credits (CEC) are necessary for group fitness instructors to maintain their certifications and competency and may help them further their careers.



In its commitment to innovation and staying at the forefront of the fitness industry, The Houstonian Club, a premier health and fitness facility in Houston, is hosting its first CEC Conference in over 25 years, in October.

Open to instructors from all over the country, this CEC Conference will make The Houstonian Club's bespoke class formats available to attendees for the first time. The weekend-long event will offer twelve class formats in 25 sessions, including Jump & Pump, Core Performance, Streamline, and K.A.R.B. Cardio. The information weekend will also feature innovations for cardio classes, yoga, Pilates, and cycle workshops.

The Houstonian Club is home to 90 group exercise instructors and personal trainers, many of which have been teaching and creating classes for over 20 years. The instructors are considered experts in their fields and have vast knowledge to share with others. According to Melissa Shippy, The Houstonian Club's Group Exercise Director, not only will attendees of the CEC Conference be able to tap into that knowledge, it will also allow The Houstonian Club instructors to contribute to the exercise community as a whole.

"Attending a conference that provides CECs is a great way to get all of the certification requirements in one weekend, network with fellow instructors and trainers, and get new ideas to

keep classes and workouts fresh and innovative," said Shippy.

The Houstonian Club offers over 180 group exercise classes each week, making it a highly utilized program and a priority for the members-only club. "We believe it is essential to keep our classes fresh, interesting, innovative, and fun," said Shippy. "Our members count on us to provide classes and instructors that challenge them and help them maintain their physical and mental health. This commitment to innovation inspired us to host the CEC Conference."

For more information about the CEC Conference, visit [The Houstonian Club website](#) or see the informational brochure here.

[Photos available here.](#)

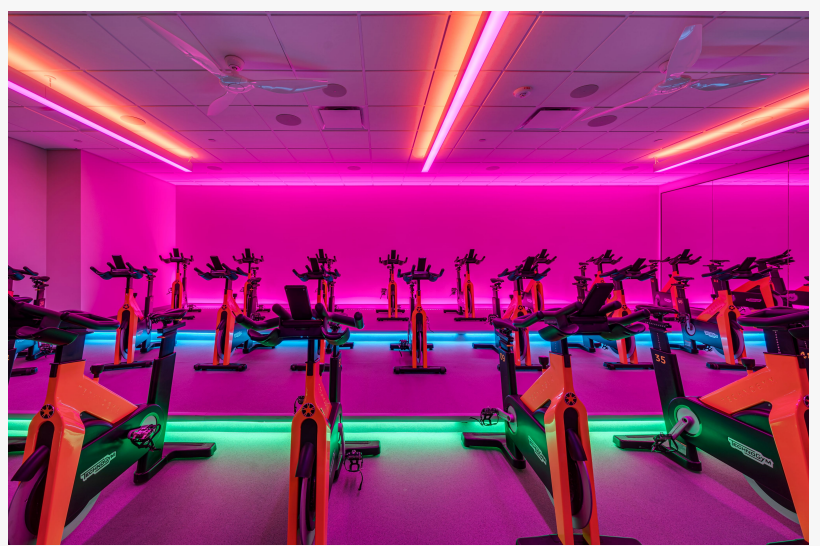
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*Melissa Shippy, The Houstonian Club's Group Exercise Director*

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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



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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 turfed 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



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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. Its outdoor Soaking Pools and Garden provides an 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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