

PLEASE SIGN IN DAILY-THANKS!

Reminder!

To Stay Safe-Disinfect, Social Distance, Wash Your Hands, Stay Home & MASK UP!



Check out Freeman's new 15 minute Flexibility class on Monday @9am

Welcome to Virtual Pinnacle!

Beginner's Line Dance w/Faye & Sandra

Has NEW content!
Check them out!

Two new line dance videos from Sheila "Happy Feet" Brown Line Dance

The PINNACLE Senior Center of Fort Bend County

August 2020



August 21, 2020
5525-C Hobby Rd. Houston, TX 77053
M-F 7:30am-7:30pm Sat. 8-11am

Houston Food

Bank Truck

Every 1st & 3rd Wednesday

9:30-11:30AM

August 5th & 19th

First Come First Serve

When using the Fitness Trail Abide by posted CDC signs



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Wear gloves when using the outdoor equipment



MONDAY

- 8AM- 3 Mile Wake Up & Walk w/Krystal-<https://youtu.be/TiPVsq2tXVg> *Get those miles in each day!*
- 9AM- Fitness/Flexibility- https://www.youtube.com/watch?v=fDBEjvUQzPs&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=8
<https://youtu.be/Gmlr6jdCyp8>
- 10AM- Line Dance w/Sheila-<https://youtu.be/IJGRFH8SI30> <https://youtu.be/hyvJPjizBS4>
https://www.youtube.com/playlist?list=PL0-G_EGgVxOyXcRYr-tDjtkCZw3POdMwe
- 11AM- ZUMBA w/Valerie & Chloe- <https://youtu.be/rkiboHCBehU>
- 11AM- Chair Fit- https://www.youtube.com/watch?v=CvSitwJYqyI&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=3
- 12PM- Yoga- Part 1- <https://youtu.be/ct7mmXwUSIE> Part 2- <https://youtu.be/yGwdbXo1QJY>

TUESDAY

- 8AM- 3 Mile Wake Up & Walk w/Krystal-<https://youtu.be/TiPVsq2tXVg> *Get those miles in each day!*
- 9AM- Fitness- https://www.youtube.com/watch?v=b4DxJkH3v5Y&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=4
- 10AM- Line Dance w/Sheila-<https://youtu.be/IJGRFH8SI30> <https://youtu.be/hyvJPjizBS4>
- Beginner's Line Dance w/Faye & Sandra-<https://youtu.be/byDxSjOqRg0> https://youtu.be/e0Or272u_ow/
- 11AM- Greater Works Bible Study w/Minister Patsy Allison-https://youtu.be/D_WsfVq8WY0
- 11AM- Chair Fit- https://www.youtube.com/watch?v=VB9WRWVukGY&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=1
- 12PM- Yoga- Part 1 <https://youtu.be/ct7mmXwUSIE> Part 2 <https://youtu.be/yGwdbXo1QJY>

Please call the Pinnacle at 832-471-2765 if you have questions, comments, suggestions, or concerns on how we can better serve you during our closure

August 5th & 19th
9:30-11:30AM
HOUSTON FOOD BANK TRUCK

The Pinnacle Aquatic Fitness Center is CLOSED Until further notice

Visit us online at:
www.fortbendcountytexas.gov
Under Departments/
Health & Human Services

WEDNESDAY

- 8AM- 3 Mile Wake Up & Walk w/Krystal-** <https://youtu.be/TiPVsg2tXVg> *Get those miles in each day!*
- 9AM- Fitness-** https://www.youtube.com/watch?v=fDBEJvUQzPs&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=2
- 10AM- ZUMBA w/Valerie & Chloe-** <https://youtu.be/rkiboHCBhU>
- 11AM- Fitness (Abs)-** https://www.youtube.com/watch?v=H0iVzilqARU&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=7
- 12PM- Beginner's Line Dance w/Faye & Sandra-** <https://youtu.be/byDxSjOqRg0>
https://youtu.be/e0Or272u_ow
- 12PM- Yoga- Part 1** <https://youtu.be/ct7mmXwUSIE> **Part 2** <https://youtu.be/yGwdbXo1QJY>

THURSDAY

- 8AM- 3 Mile Wake Up & Walk w/Krystal-** <https://youtu.be/TiPVsg2tXVg> *Get those miles in each day!*
- 9AM- Fitness-** https://www.youtube.com/watch?v=fDBEJvUQzPs&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=8
- 10AM- Line Dance w/Sheila-** https://www.youtube.com/playlist?list=PL0-G_EGgVxOyXcRYr-tDJtkCZw3POdMwe
- Beginner's Line Dance w/Faye & Sandra-** <https://youtu.be/byDxSjOqRg0> https://youtu.be/e0Or272u_ow
- 11AM- Chair Fit-** https://www.youtube.com/watch?v=CvSjtwJYqyl&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=3
- 10AM- Functional Fitness-Part 1** https://www.youtube.com/watch?v=ZhDjzkfy7oE&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=5
Part 2- https://www.youtube.com/watch?v=-kAfHX3flwE&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=6
- 12PM- Yoga- Part 1** <https://youtu.be/ct7mmXwUSIE> **Part 2** <https://youtu.be/yGwdbXo1QJY>

FRIDAY

- 8AM- 3 Mile Wake Up & Walk w/Krystal-** <https://youtu.be/TiPVsg2tXVg> *Get those miles in each day!*
- 9AM- Fitness Walk/Stretch-** https://www.youtube.com/watch?v=TWfVf_5oxT4&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=9
- 10AM- Line Dance w/Sheila-** <https://youtu.be/IJGRFH8SI30> <https://youtu.be/hyJPjizBS4>
- Beginner's Line Dance w/Faye & Sandra-** <https://youtu.be/byDxSjOqRg0> https://youtu.be/e0Or272u_ow
- 11AM- Chair Fit-** https://www.youtube.com/watch?v=VB9WRWVukGY&list=PLMpI9F7NTZRT_aGtFyk409klb5VELNtor&index=1
- 11AM- ZUMBA w/Valerie & Chloe-** <https://youtu.be/rkiboHCBhU>
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♥♥ Line Dance w/Sheila, Zumba w/Valerie & Line Dance w/Faye accepts donations to their cash app accounts ♥♥