

Wrist bands must be worn for class participation

PLEASE SIGN IN DAILY-THANKS!

Reminder!

- To participate in "Aquatic" activities you must register and sign a waiver of liability
- You must also attend/view a pool orientation on safety and guidelines

MONDAY

•••••
Aqua ZUMBA w/Carla
Tuesdays & Fridays 11AM

TUESDAY

The PINNACLE Aquatic Fitness Center
December 2022
Happy Holidays 2022!
 5525-D Hobby Rd. Houston, TX 77053
M-F 9:00AM-2:00PM
WEDNESDAY

•••••
 You must shower before entering the pool
 You must wear appropriate swimwear and water shoes
 NO bandages or open sores/wounds
THURSDAY

Silver Sneakers Water Aerobics & Yoga w/Iris
M,W, & TH 11AM
 ▪ **Yoga 10AM** ▪
 Free for SS members
 \$5 for non-members
FRIDAY

Classes close 5 minutes after start
 Please arrive on time and ready to exercise
 No Jumping or Diving into the pool

•• REMEMBER ••



Yoga Class Alert!
Silver Sneakers
Yoga begins at 10AM
Mondays, Wednesdays & Thursdays



The Pinnacle Aquatic Fitness Center will be CLOSED for the New Years Day holiday on January 2, 2023 Happy New Year!

1) Free Swim 9:10AM-10:30AM
Silver Sneakers 10AM-Yoga Water Aerobics w/Iris 11AM
Free Swim (Cycles &Treadmills) 12:15pm – 1:45pm

2) Free Swim 9:10-10:30AM
Aqua ZUMBA w/Carla 11AM-12PM
Free Swim (Cycles &Treadmills) 12:15pm – 1:45pm

5) Free Swim 9:10-10:30AM

6) Free Swim 9:10-10:30AM

7) Free Swim 9:10AM-10:30AM

8) Free Swim 9:10AM-10:30AM

9) Free Swim 9:10-10:30AM

Silver Sneakers 10AM-Yoga Water Aerobics w/Iris 11AM

Aqua ZUMBA w/Carla 11AM – 12PM

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

12) Free Swim
9:10-10:30AM

13) Free Swim
9:10-10:30AM

14) Free Swim
9:10AM-10:30AM

15) Free Swim
9:10AM-10:30AM

16) Free Swim
9:10-10:30AM

Silver Sneakers
10AM-Yoga
Water Aerobics w/Iris
11AM

Aqua ZUMBA w/Carla
11AM – 12PM

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Aqua ZUMBA w/Carla
11AM-12PM

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19) Free Swim
9:10-10:30AM

20) Free Swim
9:10-10:30AM

21) Free Swim
9:10AM-10:30AM

22) Free Swim
9:10AM-10:30AM

23) (CLOSED)

Silver Sneakers
10AM-Yoga
Water Aerobics w/Iris
11AM

Aqua ZUMBA w/Carla
11AM – 12PM

Silver Sneakers
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Water Aerobics w/Iris
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10AM-Yoga
Water Aerobics w/Iris
11AM

Fort Bend
County Holiday
The Pinnacle Aquatic Fitness
Center will be CLOSED in
observance of the Christmas
Day holiday

Free Swim
(Cycles &Treadmills)
12:15pm – 1:45pm

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12:15pm – 1:45pm



26) (CLOSED)

Fort Bend
County Holiday
The Pinnacle
Aquatic Fitness Center will be
CLOSED in observance of the
Christmas Day holiday

27) Free Swim
9:10-10:30AM

28) Free Swim
9:10AM-10:30AM

29) Free Swim
9:10AM-10:30AM

30) Free Swim
9:10-10:30AM

Aqua ZUMBA w/Carla
11AM – 12PM

Silver Sneakers
10AM-Yoga
Water Aerobics w/Iris
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