

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
 June 2022**

H₂O! Summer Time is Pool Time!
 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

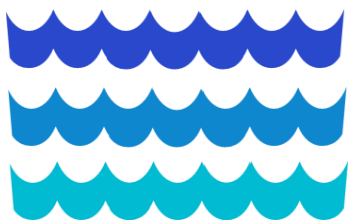
THURSDAY

**Silver Sneakers
 Water Aerobics &
 Yoga w/Iris
 M, W, & TH
 at 11AM Noon-Yoga**

Free for SS members
 \$5 for non-members

FRIDAY

Summer Time is Pool Time!



at the Pinnacle Aquatic Fitness Center

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

•• REMEMBER ••



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

*Silver Sneakers
 Water Aerobics w/Iris
 11AM Noon-Yoga*

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

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

*Silver Sneakers
 Water Aerobics w/Iris
 11AM Noon-Yoga*

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

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

*Aqua ZUMBA w/Carla
 11AM-12PM*

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

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

*Silver Sneakers
 Water Aerobics w/Iris
 11AM Noon-Yoga*

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

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

*Aqua ZUMBA w/Carla
 11AM – 12PM*

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

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

*Silver Sneakers
 Water Aerobics w/Iris
 11AM Noon-Yoga*

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

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

*Silver Sneakers
 Water Aerobics w/Iris
 11AM Noon-Yoga*

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

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

*Aqua ZUMBA w/Carla
 11AM-12PM*

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

**Silver Sneakers
Water Aerobics w/Iris
11AM Noon-Yoga**

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

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

**Aqua ZUMBA w/Carla
11AM – 12PM**

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

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

**Silver Sneakers
Water Aerobics w/Iris
11AM Noon-Yoga**

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

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

**Silver Sneakers
Water Aerobics w/Iris
11AM Noon-Yoga**

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

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

**Aqua ZUMBA w/Carla
11AM-12PM**

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

**20) Fort Bend
County Holiday**

The Pinnacle Aquatic
Fitness Center will be
CLOSED in observance of
the Juneteenth Holiday



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

**Aqua ZUMBA w/Carla
11AM – 12PM**

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

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

**Silver Sneakers
Water Aerobics w/Iris
11AM Noon-Yoga**

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

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

**Silver Sneakers
Water Aerobics w/Iris
11AM Noon-Yoga**

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

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

**Aqua ZUMBA w/Carla
11AM-12PM**

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

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

**Silver Sneakers
Water Aerobics w/Iris
11AM Noon-Yoga**

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

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

**Aqua ZUMBA w/Carla
11AM – 12PM**

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

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

**Silver Sneakers
Water Aerobics w/Iris
11AM Noon-Yoga**

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

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

**Silver Sneakers
Water Aerobics w/Iris
11AM Noon-Yoga**

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

Beat the Heat!

The pool is open!

